USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Magnesium, Mg (mg) ; Calcium, Ca (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: September 16, 2016 06:36 EDT

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
20060	Rice bran, crude	781,00	57,00
12011	Seeds, cottonseed meal, partially defatted (glandless)	760,00	504,00
12007	Seeds, cottonseed flour, partially defatted (glandless)	721,00	478,00
12008	Seeds, cottonseed flour, low fat (glandless)	716,00	474,00
02003	Spices, basil, dried	711,00	2 240,00
12012	Seeds, hemp seed, hulled	700,00	70,00
02012	Spices, coriander leaf, dried	694,00	1 246,00
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	692,00	299,00
11615	Chives, freeze-dried	640,00	813,00
20077	Wheat bran, crude	611,00	73,00
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	606,00	66,00
02066	Spearmint, dried	602,00	1 488,00
12014	Seeds, pumpkin and squash seed kernels, dried	592,00	46,00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	550,00	52,00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	550,00	52,00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	519,00	122,00
12174	Seeds, watermelon seed kernels, dried	515,00	54,00
14654	Beverages, nutritional shake mix, high protein, powder	500,00	714,00
19165	Cocoa, dry powder, unsweetened	499,00	128,00
19166	Cocoa, dry powder, unsweetened, processed with alkali	476,00	111,00
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	476,00	122,00
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	473,00	1 039,00
02017	Spices, dill weed, dried	451,00	1 784,00
02007	Spices, celery seed	440,00	1 767,00
12160	Seeds, cottonseed kernels, roasted (glandless)	440,00	100,00
16115	Soy flour, full-fat, raw	429,00	206,00
02038	Spices, sage, ground	428,00	1 652,00
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	410,00	500,00
14063	Beverages, chocolate powder, no sugar added	410,00	909,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
02029	Spices, parsley, dried	400,00	1 140,00
12220	Seeds, flaxseed	392,00	255,00
02018	Spices, fennel seed	385,00	1 196,00
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	385,00	364,00
16078	Mothbeans, mature seeds, raw	381,00	150,00
02039	Spices, savory, ground	377,00	2 132,00
12078	Nuts, brazilnuts, dried, unblanched	376,00	160,00
11625	Parsley, freeze-dried	372,00	176,00
02024	Spices, mustard seed, ground	370,00	266,00
16099	Peanut flour, defatted	370,00	140,00
16156	Peanut butter, chunky, vitamin and mineral fortified	370,00	45,00
16116	Soy flour, full-fat, roasted	369,00	188,00
02014	Spices, cumin seed	366,00	931,00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	362,00	389,00
12032	Seeds, sesame flour, partially defatted	362,00	150,00
12169	Seeds, sesame butter, paste	362,00	960,00
12170	Seeds, sesame flour, high-fat	361,00	159,00
12024	Seeds, sesame seeds, whole, roasted and toasted	356,00	989,00
16155	Peanut butter, smooth, vitamin and mineral fortified	355,00	43,00
12021	Seeds, safflower seed kernels, dried	353,00	78,00
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	353,00	141,00
12023	Seeds, sesame seeds, whole, dried	351,00	975,00
12022	Seeds, safflower seed meal, partially defatted	350,00	77,00
02033	Spices, poppy seed	347,00	1 438,00
02041	Spices, tarragon, dried	347,00	1 139,00
02023	Spices, marjoram, dried	346,00	1 990,00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	346,00	131,00
12034	Seeds, sesame meal, partially defatted	346,00	153,00
12041	Seeds, sunflower seed flour, partially defatted	346,00	114,00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	346,00	131,00
12201	Seeds, sesame seed kernels, dried (decorticated)	345,00	60,00
12033	Seeds, sesame flour, low-fat	338,00	149,00
16133	Yardlong beans, mature seeds, raw	338,00	138,00
12006	Seeds, chia seeds, dried	335,00	631,00
16060	Cowpeas, catjang, mature seeds, raw	333,00	85,00
02013	Spices, coriander seed	330,00	709,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	329,00	886,00
19078	Baking chocolate, unsweetened, squares	327,00	101,00
14203	Beverages, coffee, instant, regular, half the caffeine	327,00	141,00
14214	Beverages, coffee, instant, regular, powder	327,00	141,00
12036	Seeds, sunflower seed kernels, dried	325,00	78,00
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	321,00	103,00
08084	Cereals ready-to-eat, wheat germ, toasted, plain	320,00	45,00
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	317,00	1 495,00
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	317,00	--
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	317,00	754,00
43241	Cereals ready-to-eat, FAMILIA	317,00	173,00
16121	Soy protein concentrate, produced by alcohol extraction	315,00	363,00
12193	Seeds, sisymbrium sp. seeds, whole, dried	314,00	1 633,00
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	313,00	50,00
12040	Seeds, sunflower seed butter, without salt	311,00	64,00
12540	Seeds, sunflower seed butter, with salt added	311,00	64,00
14218	Beverages, coffee, instant, decaffeinated, powder	311,00	140,00
16119	Soy meal, defatted, raw	306,00	244,00
12145	Nuts, pilinuts, dried	302,00	145,00
15012	Fish, caviar, black and red, granular	300,00	275,00
12087	Nuts, cashew nuts, raw	292,00	37,00
16117	Soy flour, defatted	290,00	241,00
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	--	286,00
16118	Soy flour, low-fat	--	285,00
16067	Hyacinth beans, mature seeds, raw	283,00	130,00
01224	Protein supplement, milk based, Muscle Milk Light, powder	280,00	1 200,00
16108	Soybeans, mature seeds, raw	280,00	277,00
12063	Nuts, almonds, dry roasted, without salt added	279,00	268,00
12195	Nuts, almond butter, plain, without salt added	279,00	347,00
12563	Nuts, almonds, dry roasted, with salt added	279,00	268,00
12695	Nuts, almond butter, plain, with salt added	279,00	347,00
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	275,00	130,00
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	275,00	1 378,00
12065	Nuts, almonds, oil roasted, without salt added	274,00	291,00
12565	Nuts, almonds, oil roasted, with salt added	274,00	291,00
12665	Nuts, almonds, oil roasted, lightly salted	274,00	291,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
12086	Nuts, cashew nuts, oil roasted, without salt added	273,00	43,00
12586	Nuts, cashew nuts, oil roasted, with salt added	273,00	43,00
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	272,00	50,00
14353	Beverages, tea, instant, decaffeinated, unsweetened	272,00	118,00
14366	Beverages, tea, instant, unsweetened, powder	272,00	118,00
02027	Spices, oregano, dried	270,00	1 597,00
08402	Cereals, QUAKER, Quick Oats, Dry	270,00	47,00
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	270,00	47,00
12061	Nuts, almonds	270,00	269,00
12062	Nuts, almonds, blanched	268,00	236,00
16083	Mungo beans, mature seeds, raw	267,00	138,00
19077	Baking chocolate, unsweetened, liquid	265,00	54,00
02037	Spices, saffron	264,00	111,00
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	262,00	55,00
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	262,00	55,00
12085	Nuts, cashew nuts, dry roasted, without salt added	260,00	45,00
12585	Nuts, cashew nuts, dry roasted, with salt added	260,00	45,00
02011	Spices, cloves, ground	259,00	632,00
02005	Spices, caraway seed	258,00	689,00
12088	Nuts, cashew butter, plain, without salt added	258,00	43,00
02016	Spices, dill seed	256,00	1 516,00
02015	Spices, curry powder	255,00	525,00
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	255,00	965,00
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	255,00	953,00
19154	Candies, sesame crunch	251,00	639,00
20011	Buckwheat flour, whole-groat	251,00	41,00
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	251,00	106,00
12147	Nuts, pine nuts, dried	251,00	16,00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	251,00	106,00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	250,00	668,00
90560	Mollusks, snail, raw	250,00	10,00
20001	Amaranth grain, uncooked	248,00	159,00
25017	Formulated bar, POWER BAR, chocolate	248,00	504,00
14287	Beverages, Lemonade, powder	247,00	20,00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	245,00	800,00
14236	Beverages, coffee substitute, cereal grain beverage, powder	244,00	58,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19304	Molasses	242,00	205,00
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	241,00	79,00
12206	Nuts, almonds, honey roasted, unblanched	240,00	263,00
20078	Wheat germ, crude	239,00	39,00
15250	Mollusks, conch, baked or broiled	238,00	98,00
12084	Nuts, butternuts, dried	237,00	53,00
20033	Oat bran, raw	235,00	58,00
35233	Hazelnuts, beaked (Northern Plains Indians)	235,00	441,00
12149	Nuts, pine nuts, pinyon, dried	234,00	8,00
14058	Beverages, Whey protein powder isolate	233,00	698,00
20008	Buckwheat	231,00	18,00
02006	Spices, cardamom	229,00	383,00
08029	Cereals ready-to-eat, POST Bran Flakes	229,00	44,00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	229,00	117,00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	229,00	117,00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	229,00	117,00
16111	Soybeans, mature seeds, dry roasted	228,00	140,00
19904	Chocolate, dark, 70-85% cacao solids	228,00	73,00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	228,00	285,00
43299	Soybean, curd cheese	228,00	188,00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	227,00	87,00
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	225,00	70,00
02034	Spices, poultry seasoning	224,00	996,00
16071	Lima beans, large, mature seeds, raw	224,00	81,00
16047	Beans, yellow, mature seeds, raw	222,00	166,00
20009	Buckwheat groats, roasted, dry	221,00	17,00
02036	Spices, rosemary, dried	220,00	1 280,00
02042	Spices, thyme, dried	220,00	1 890,00
08580	Incaparina, dry mix (corn and soy flours), unprepared	220,00	600,00
14080	Beverages, rich chocolate, powder	218,00	909,00
14309	Beverages, OVALTINE, Classic Malt powder	218,00	909,00
14315	Beverages, OVALTINE, chocolate malt powder	218,00	909,00
19117	Candies, halavah, plain	218,00	33,00
16106	Meat extender	216,00	204,00
02021	Spices, ginger, ground	214,00	114,00
14222	Beverages, coffee, instant, with chicory	213,00	103,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
12013	Seeds, lotus seeds, dried	210,00	163,00
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	210,00	1 412,00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	209,00	129,00
02043	Spices, turmeric, ground	208,00	168,00
14196	Beverages, Cocoa mix, no sugar added, powder	208,00	576,00
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	208,00	1 440,00
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	206,00	95,00
12588	Nuts, cashew butter, plain, with salt added	206,00	61,00
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	202,00	106,00
12154	Nuts, walnuts, black, dried	201,00	61,00
01223	Protein supplement, milk based, Muscle Milk, powder	200,00	500,00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	200,00	63,00
43078	Beverage, milkshake mix, dry, not chocolate	200,00	880,00
01113	Whey, acid, dried	199,00	2 054,00
16076	Lupins, mature seeds, raw	198,00	176,00
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	198,00	223,00
20035	Quinoa, uncooked	197,00	47,00
11667	Seaweed, spirulina, dried	195,00	120,00
14066	Beverages, Protein powder whey based	195,00	469,00
11955	Tomatoes, sun-dried	194,00	110,00
21337	McDONALD'S, Peanuts (for Sundaes)	193,00	46,00
16052	Broadbeans (fava beans), mature seeds, raw	192,00	103,00
02019	Spices, fenugreek seed	191,00	176,00
16399	Peanut butter with omega-3, creamy	191,00	45,00
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	190,00	45,00
16049	Beans, white, mature seeds, raw	190,00	240,00
18295	Pancakes, buckwheat, dry mix, incomplete	190,00	476,00
25045	Formulated bar, high fiber, chewy, oats and chocolate	190,00	250,00
16024	Beans, great northern, mature seeds, raw	189,00	175,00
16080	Mung beans, mature seeds, raw	189,00	132,00
11634	Peppers, sweet, green, freeze-dried	188,00	134,00
11931	Peppers, sweet, red, freeze-dried	188,00	134,00
16022	Beans, french, mature seeds, raw	188,00	186,00
16074	Lima beans, thin seeded (baby), mature seeds, raw	188,00	81,00
16091	Peanuts, spanish, raw	188,00	106,00
16096	Peanuts, virginia, oil-roasted, with salt	188,00	86,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
16396	Peanuts, virginia, oil-roasted, without salt	188,00	86,00
20142	Teff, uncooked	184,00	180,00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	184,00	110,00
16093	Peanuts, valencia, raw	184,00	62,00
02025	Spices, nutmeg, ground	183,00	184,00
16045	Beans, small white, mature seeds, raw	183,00	173,00
16101	Pigeon peas (red gram), mature seeds, raw	183,00	130,00
16040	Beans, pink, mature seeds, raw	182,00	130,00
32029	Rice mix, white and wild, flavored, unprepared	182,00	105,00
35234	Piki bread, made from blue cornmeal (Hopi)	181,00	184,00
14033	Beverages, ABBOTT, EAS whey protein powder	181,00	256,00
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	181,00	2 134,00
43406	Yeast extract spread	180,00	67,00
16135	Winged beans, mature seeds, raw	179,00	440,00
16167	USDA Commodity, Peanut Butter, smooth	179,00	54,00
02028	Spices, paprika	178,00	229,00
16090	Peanuts, all types, dry-roasted, with salt	178,00	58,00
16390	Peanuts, all types, dry-roasted, without salt	178,00	58,00
20038	Oats	177,00	54,00
20088	Wild rice, raw	177,00	21,00
19903	Chocolate, dark, 60-69% cacao solids	176,00	62,00
01115	Whey, sweet, dried	176,00	796,00
16042	Beans, pinto, mature seeds, raw	176,00	113,00
16089	Peanuts, all types, oil-roasted, with salt	176,00	61,00
16389	Peanuts, all types, oil-roasted, without salt	176,00	61,00
06179	Sauce, fish, ready-to-serve	175,00	43,00
16037	Beans, navy, mature seeds, raw	175,00	147,00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	175,00	625,00
20126	Spaghetti, spinach, dry	174,00	58,00
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	174,00	44,00
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	173,00	123,00
12130	Nuts, hickorynuts, dried	173,00	61,00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	172,00	45,00
15178	Mollusks, whelk, unspecified, cooked, moist heat	172,00	113,00
02030	Spices, pepper, black	171,00	443,00
16014	Beans, black, mature seeds, raw	171,00	123,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
16095	Peanuts, virginia, raw	171,00	89,00
25025	Snacks, soy chips or crisps, salted	170,00	171,00
02002	Spices, anise seed	170,00	646,00
11432	Radishes, oriental, dried	170,00	629,00
16150	Peanut butter, smooth, reduced fat	170,00	35,00
08037	Cereals ready-to-eat, granola, homemade	168,00	76,00
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	168,00	44,00
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	168,00	242,00
16087	Peanuts, all types, raw	168,00	92,00
16092	Peanuts, spanish, oil-roasted, with salt	168,00	100,00
16098	Peanut butter, smooth style, with salt	168,00	49,00
16392	Peanuts, spanish, oil-roasted, without salt	168,00	100,00
16398	Peanut butter, smooth style, without salt	168,00	49,00
16157	Chickpea flour (besan)	166,00	45,00
14296	Beverages, lemonade-flavor drink, powder	165,00	11,00
20067	Sorghum grain	165,00	13,00
20012	Bulgur, dry	164,00	35,00
28345	Crackers, gluten-free, multi-seeded and multigrain	164,00	238,00
35197	Lambsquarters, steamed (Northern Plains Indians)	164,00	349,00
16149	Peanut spread, reduced sugar	164,00	72,00
02022	Spices, mace, ground	163,00	252,00
12120	Nuts, hazelnuts or filberts	163,00	114,00
35196	Lambsquarters, raw (Northern Plains Indians)	163,00	366,00
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	161,00	109,00
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	161,00	109,00
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	161,00	360,00
02049	Thyme, fresh	160,00	405,00
12121	Nuts, hazelnuts or filberts, blanched	160,00	149,00
16016	Beans, black turtle, mature seeds, raw	--	160,00
16030	Beans, kidney, california red, mature seeds, raw	160,00	195,00
16094	Peanuts, valencia, oil-roasted, with salt	160,00	54,00
16097	Peanut butter, chunk style, with salt	160,00	45,00
16394	Peanuts, valencia, oil-roasted, without salt	160,00	54,00
16397	Peanut butter, chunk style, without salt	160,00	45,00
20063	Rye flour, dark	160,00	37,00
19036	Snacks, popcorn, cakes	159,00	9,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
42291	Peanut butter, reduced sodium	159,00	41,00
03211	Babyfood, cereal, high protein, with apple and orange, dry	159,00	751,00
12155	Nuts, walnuts, english	158,00	98,00
19059	Snacks, trail mix, regular	158,00	78,00
19821	Snacks, trail mix, regular, unsalted	158,00	78,00
18283	Muffins, oat bran	157,00	63,00
11985	Fireweed, leaves, raw	156,00	429,00
16019	Beans, cranberry (roman), mature seeds, raw	156,00	127,00
20070	Triticale flour, whole-grain	153,00	35,00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	153,00	59,00
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	153,00	38,00
02031	Spices, pepper, red or cayenne	152,00	148,00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	152,00	57,00
19052	Snacks, rice cakes, brown rice, buckwheat	151,00	11,00
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	151,00	11,00
25001	Snacks, popcorn, microwave, low fat	151,00	11,00
43572	Popcorn, microwave, low fat and sodium	151,00	11,00
12157	Nuts, walnuts, dry roasted, with salt added	151,00	71,00
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	149,00	246,00
35183	Corn, dried, yellow (Northern Plains Indians)	149,00	25,00
02009	Spices, chili powder	149,00	330,00
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	149,00	10,00
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	148,00	52,00
25051	Snacks, CLIF BAR, mixed flavors	147,00	368,00
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	147,00	44,00
03193	Babyfood, cereal, oatmeal, with honey, dry	146,00	1 154,00
11230	Pepeao, dried	146,00	113,00
19902	Chocolate, dark, 45- 59% cacao solids	146,00	56,00
43364	Snacks, tortilla chips, unsalted, white corn	146,00	174,00
08157	Cereals ready-to-eat, wheat, puffed, fortified	145,00	28,00
16110	Soybeans, mature seeds, roasted, salted	145,00	138,00
16410	Soybeans, mature seeds, roasted, no salt added	145,00	138,00
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	144,00	71,00
11444	Seaweed, irishmoss, raw	144,00	72,00
19034	Snacks, popcorn, air-popped	144,00	7,00
19416	Snacks, rice cakes, brown rice, rye	144,00	21,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
20076	Wheat, durum	144,00	34,00
20132	Oat flour, partially debranned	144,00	55,00
20040	Rice, brown, medium-grain, raw	143,00	33,00
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	143,00	80,00
08074	Cereals ready-to-eat, RALSTON TASTEEOS	143,00	357,00
03212	Babyfood, cereal, rice, with bananas, dry	141,00	691,00
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	140,00	600,00
16027	Beans, kidney, all types, mature seeds, raw	140,00	143,00
16420	Soy protein concentrate, produced by acid wash	140,00	363,00
14368	Beverages, tea, instant, lemon, unsweetened	139,00	28,00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	138,00	39,00
08120	Cereals, oats, regular and quick, not fortified, dry	138,00	52,00
16032	Beans, kidney, red, mature seeds, raw	138,00	83,00
16035	Beans, kidney, royal red, mature seeds, raw	138,00	131,00
19414	Snacks, rice cakes, brown rice, multigrain	137,00	21,00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	137,00	21,00
19858	Candies, sugar-coated almonds	137,00	100,00
20080	Wheat flour, whole-grain	137,00	34,00
12094	Nuts, chestnuts, chinese, dried	137,00	29,00
02035	Spices, pumpkin pie spice	136,00	682,00
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	136,00	58,00
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	136,00	33,00
19053	Snacks, rice cakes, brown rice, sesame seed	136,00	12,00
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	136,00	12,00
20140	Spelt, uncooked	136,00	27,00
02001	Spices, allspice, ground	135,00	661,00
18219	Crackers, matzo, whole-wheat	134,00	23,00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	133,00	24,00
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	133,00	58,00
15018	Fish, cod, Atlantic, dried and salted	133,00	160,00
20004	Barley, hulled	133,00	33,00
11268	Mushrooms, shiitake, dried	132,00	11,00
12143	Nuts, pecans, dry roasted, without salt added	132,00	72,00
12643	Nuts, pecans, dry roasted, with salt added	132,00	72,00
19051	Snacks, rice cracker brown rice, plain	131,00	11,00
19806	Snacks, popcorn, air-popped (Unsalted)	131,00	10,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19816	Snacks, rice cakes, brown rice, plain, unsalted	131,00	11,00
25059	Snacks, brown rice chips	131,00	11,00
42204	Rice cake, cracker (include hain mini rice cakes)	131,00	11,00
20069	Triticale	130,00	37,00
20138	Wheat, KAMUT khorasan, uncooked	130,00	22,00
02008	Spices, chervil, dried	130,00	1 346,00
08142	Cereals, WHEATENA, dry	130,00	500,00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	130,00	56,00
11982	Peppers, pasilla, dried	130,00	97,00
12071	Nuts, almond paste	130,00	172,00
12131	Nuts, macadamia nuts, raw	130,00	85,00
12037	Seeds, sunflower seed kernels, dry roasted, without salt	129,00	70,00
12039	Seeds, sunflower seed kernels, toasted, without salt	129,00	57,00
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	129,00	70,00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	129,00	70,00
12539	Seeds, sunflower seed kernels, toasted, with salt added	129,00	57,00
20124	Pasta, whole-wheat, dry	128,00	29,00
08122	Cereals, oats, instant, fortified, plain, dry	128,00	351,00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	127,00	87,00
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	127,00	87,00
16001	Beans, adzuki, mature seeds, raw	127,00	66,00
20014	Corn grain, yellow	127,00	7,00
20020	Cornmeal, whole-grain, yellow	127,00	6,00
20314	Corn grain, white	127,00	7,00
20320	Cornmeal, whole-grain, white	127,00	6,00
20072	Wheat, hard red winter	126,00	29,00
20073	Wheat, soft red winter	126,00	27,00
11237	Kanpyo, (dried gourd strips)	125,00	280,00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	125,00	21,00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	125,00	21,00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	124,00	32,00
20071	Wheat, hard red spring	124,00	25,00
25000	Snacks, popcorn, microwave, 94% fat free	124,00	14,00
20648	Sorghum flour, whole-grain	123,00	12,00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	122,00	43,00
08144	Cereals, whole wheat hot natural cereal, dry	122,00	40,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	122,00	60,00
15210	Fish, salmon, chinook, cooked, dry heat	122,00	28,00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	121,00	109,00
11445	Seaweed, kelp, raw	121,00	168,00
11984	Epazote, raw	121,00	275,00
12142	Nuts, pecans	121,00	70,00
12144	Nuts, pecans, oil roasted, without salt added	121,00	67,00
12151	Nuts, pistachio nuts, raw	121,00	105,00
12644	Nuts, pecans, oil roasted, with salt added	121,00	67,00
18226	Crackers, rye, wafers, plain	121,00	40,00
02004	Spices, bay leaf	120,00	834,00
18949	Crackers, whole-wheat, reduced fat	120,00	39,00
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	120,00	43,00
20091	Pasta, gluten-free, corn, dry	119,00	4,00
20647	Millet flour	119,00	14,00
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	119,00	245,00
03190	Babyfood, cereal, oatmeal, with bananas, dry	118,00	800,00
11683	Carrot, dehydrated	118,00	212,00
12132	Nuts, macadamia nuts, dry roasted, without salt added	118,00	70,00
12632	Nuts, macadamia nuts, dry roasted, with salt added	118,00	70,00
19031	Snacks, oriental mix, rice-based	118,00	54,00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	117,00	1 231,00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	117,00	1 231,00
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	117,00	243,00
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	116,00	313,00
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	116,00	268,00
20036	Rice, brown, long-grain, raw	116,00	9,00
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	116,00	155,00
19080	Candies, semisweet chocolate	115,00	32,00
19701	Candies, semisweet chocolate, made with butter	115,00	32,00
01061	Cheese, American, nonfat or fat free	115,00	789,00
03181	Babyfood, cereal, barley, dry fortified	115,00	643,00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	115,00	36,00
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	115,00	201,00
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	115,00	201,00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	115,00	105,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	115,00	385,00
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	115,00	385,00
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	115,00	385,00
12005	Seeds, breadnut tree seeds, dried	115,00	94,00
12175	Nuts, chestnuts, japanese, dried	115,00	72,00
16113	Natto	115,00	217,00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	114,00	401,00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	114,00	210,00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	114,00	43,00
19413	Snacks, rice cakes, brown rice, corn	114,00	9,00
19419	Snacks, corn cakes	114,00	19,00
19800	Snacks, corn cakes, very low sodium	114,00	19,00
20031	Millet, raw	114,00	8,00
19009	Snacks, KRAFT, CORNNUTS, plain	113,00	9,00
19081	Candies, sweet chocolate	113,00	24,00
02026	Spices, onion powder	113,00	384,00
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	113,00	124,00
11978	Peppers, ancho, dried	113,00	61,00
20090	Rice flour, brown	112,00	11,00
32011	Yellow rice with seasoning, dry packet mix, unprepared	112,00	35,00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	110,00	1 257,00
01094	Milk, buttermilk, dried	110,00	1 184,00
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	110,00	1 257,00
03189	Babyfood, cereal, oatmeal, dry fortified	110,00	1 160,00
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	110,00	101,00
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	110,00	35,00
12060	Nuts, acorn flour, full fat	110,00	43,00
18235	Crackers, whole-wheat	110,00	36,00
19086	Candies, confectioner's coating, peanut butter	--	110,00
19147	Candies, peanut bar	110,00	78,00
20062	Rye grain	110,00	24,00
20315	Corn flour, whole-grain, blue (harina de maiz morado)	110,00	5,00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	110,00	23,00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	110,00	50,00
19401	Snacks, cornnuts, barbecue-flavor	109,00	17,00
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	109,00	163,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
12152	Nuts, pistachio nuts, dry roasted, without salt added	109,00	107,00
12652	Nuts, pistachio nuts, dry roasted, with salt added	109,00	107,00
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	108,00	37,00
09041	Bananas, dehydrated, or banana powder	108,00	22,00
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	108,00	10,00
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	108,00	10,00
19268	Candies, dark chocolate coated coffee beans	107,00	100,00
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	107,00	0,00
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	107,00	33,00
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	107,00	286,00
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	107,00	70,00
11669	Seaweed, wakame, raw	107,00	150,00
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	106,00	50,00
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	106,00	98,00
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	106,00	--
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	106,00	29,00
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	106,00	47,00
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	106,00	39,00
18227	Crackers, rye, wafers, seasoned	106,00	44,00
43483	Millet, puffed	106,00	8,00
18448	Taco shells, baked, without added salt	105,00	160,00
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	105,00	65,00
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	105,00	75,00
08648	Cereals ready-to-eat, KASHI Simply Maize	105,00	--
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	104,00	355,00
11640	Shallots, freeze-dried	104,00	183,00
16079	Mothbeans, mature seeds, cooked, boiled, without salt	104,00	3,00
16379	Mothbeans, mature seeds, cooked, boiled, with salt	104,00	3,00
18299	Pancakes, whole-wheat, dry mix, incomplete	104,00	449,00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	104,00	27,00
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	104,00	195,00
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	103,00	246,00
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	103,00	323,00
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	103,00	132,00
11616	Dock, raw	103,00	44,00
16088	Peanuts, all types, cooked, boiled, with salt	102,00	55,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	102,00	57,00
28325	Crackers, toast thins, low sodium	102,00	0,00
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	101,00	60,00
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	101,00	36,00
08393	Cereals ready-to-eat, KASHI GOLEAN	101,00	119,00
11046	Beans, navy, mature seeds, sprouted, raw	101,00	15,00
03185	Babyfood, cereal, mixed, dry fortified	100,00	800,00
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	100,00	65,00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	100,00	29,00
19355	Syrups, sorghum	100,00	150,00
18429	Crackers, whole-wheat, low salt	99,00	50,00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	99,00	128,00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	99,00	35,00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	99,00	229,00
18076	Bread, whole-wheat, commercially prepared, toasted	99,00	130,00
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	98,00	440,00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	98,00	351,00
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	98,00	64,00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	98,00	41,00
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	98,00	42,00
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	98,00	42,00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	98,00	8,00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	98,00	39,00
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	98,00	44,00
18975	KASHI, TLC, Original 7-Grain Crackers	97,00	136,00
19015	Snacks, granola bars, hard, plain	97,00	61,00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	97,00	159,00
19433	Tortilla chips, low fat, baked without fat	97,00	159,00
19833	Snacks, tortilla chips, low fat, unsalted	97,00	159,00
20131	Barley malt flour	97,00	37,00
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	97,00	0,00
43566	Snacks, tortilla chips, light (baked with less oil)	97,00	159,00
15047	Fish, mackerel, Atlantic, cooked, dry heat	97,00	15,00
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	96,00	39,00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	96,00	420,00
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	96,00	26,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	96,00	26,00
19061	Snacks, trail mix, tropical	96,00	57,00
19126	Candies, milk chocolate coated peanuts	96,00	104,00
20130	Barley flour or meal	96,00	32,00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	96,00	118,00
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	96,00	118,00
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	95,00	197,00
19124	Baking chocolate, mexican, squares	95,00	34,00
20114	Noodles, japanese, soba, dry	95,00	35,00
25038	Snacks, granola bars, soft, almond, confectioners coating	95,00	136,00
43212	Bacon bits, meatless	95,00	101,00
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	95,00	79,00
11974	Grape leaves, raw	95,00	363,00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	95,00	426,00
12698	Seeds, sesame butter, tahini, type of kernels unspecified	95,00	141,00
15078	Fish, salmon, chinook, raw	95,00	26,00
16429	Tofu, fried, prepared with calcium sulfate	95,00	961,00
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	94,00	42,00
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	94,00	42,00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	94,00	25,00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	94,00	20,00
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	94,00	57,00
43218	Cereals ready-to-eat, ALPEN	94,00	147,00
20016	Corn flour, whole-grain, yellow	93,00	7,00
20017	Corn flour, masa, enriched, white	93,00	138,00
20019	Corn flour, masa, unenriched, white	93,00	138,00
20074	Wheat, hard white	93,00	32,00
20316	Corn flour, whole-grain, white	93,00	7,00
20317	Corn flour, yellow, masa, enriched	93,00	138,00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	93,00	38,00
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	93,00	13,00
14311	Beverages, Malted drink mix, natural, powder, dairy based.	93,00	298,00
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	92,00	234,00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	92,00	297,00
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	92,00	277,00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	92,00	380,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	92,00	333,00
09322	Tamarinds, raw	92,00	74,00
11284	Onions, dehydrated flakes	92,00	257,00
12114	Nuts, coconut meat, dried (desiccated), toasted	92,00	27,00
12177	Nuts, coconut meat, dried (desiccated), creamed	92,00	26,00
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	92,00	57,00
19040	Snacks, popcorn, cheese-flavor	91,00	113,00
19406	Snacks, granola bars, soft, uncoated, nut and raisin	91,00	84,00
25062	Snack, Mixed Berry Bar	91,00	105,00
02063	Rosemary, fresh	91,00	317,00
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	91,00	349,00
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	91,00	278,00
02032	Spices, pepper, white	90,00	265,00
03186	Babyfood, cereal, mixed, with bananas, dry	90,00	696,00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	90,00	425,00
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	90,00	387,00
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	90,00	366,00
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	90,00	33,00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	90,00	258,00
12096	Nuts, chestnuts, chinese, roasted	90,00	19,00
12108	Nuts, coconut meat, dried (desiccated), not sweetened	90,00	26,00
19132	Candies, milk chocolate, with almonds	90,00	224,00
20075	Wheat, soft white	90,00	34,00
19422	Snacks, potato chips, reduced fat	89,00	21,00
19823	Potato chips, without salt, reduced fat	89,00	21,00
19913	Candies, NESTLE, BUTTERFINGER Crisp	89,00	33,00
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	89,00	126,00
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	89,00	74,00
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	89,00	370,00
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	89,00	370,00
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	89,00	220,00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	89,00	40,00
18078	Bread, whole-wheat, prepared from recipe, toasted	89,00	36,00
01173	Egg, white, dried	88,00	62,00
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	88,00	226,00
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	88,00	35,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11622	Kale, scotch, raw	88,00	205,00
11962	Peppers, hot chile, sun-dried	88,00	45,00
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	88,00	80,00
19063	Snacks, tortilla chips, taco-flavor	88,00	155,00
19151	Candies, REESE'S PIECES Candy	88,00	69,00
32024	Rice mix, cheese flavor, dry mix, unprepared	88,00	140,00
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	87,00	53,00
19058	Snacks, tortilla chips, ranch-flavor	87,00	134,00
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	87,00	35,00
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	87,00	39,00
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	87,00	243,00
08608	Cereals ready-to-eat, KASHI Berry Blossom	87,00	35,00
11458	Spinach, cooked, boiled, drained, without salt	87,00	136,00
11854	Spinach, cooked, boiled, drained, with salt	87,00	136,00
18284	Muffins, wheat bran, dry mix	87,00	36,00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	86,00	28,00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	86,00	28,00
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	86,00	57,00
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	86,00	32,00
11148	Chard, swiss, cooked, boiled, drained, without salt	86,00	58,00
11765	Chard, swiss, cooked, boiled, drained, with salt	86,00	58,00
15177	Mollusks, whelk, unspecified, raw	86,00	57,00
15205	Fish, pollock, Atlantic, cooked, dry heat	86,00	77,00
16109	Soybeans, mature cooked, boiled, without salt	86,00	102,00
16409	Soybeans, mature seeds, cooked, boiled, with salt	86,00	102,00
18979	KASHI, H2H Woven Wheat Cracker, Original	86,00	40,00
19021	Snacks, granola bars, soft, uncoated, peanut butter	86,00	91,00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	86,00	361,00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	86,00	361,00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	86,00	79,00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	86,00	434,00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	86,00	27,00
28295	Tortillas, ready-to-bake or -fry, whole wheat	85,00	244,00
28322	Bagels, multigrain	85,00	124,00
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	85,00	789,00
01090	Milk, dry, whole, with added vitamin D	85,00	912,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
01212	Milk, dry, whole, without added vitamin D	85,00	912,00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	85,00	213,00
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	85,00	39,00
09287	Prickly pears, raw	85,00	56,00
11022	Balsam-pear (bitter gourd), leafy tips, raw	85,00	84,00
18036	Bread, multi-grain, toasted (includes whole-grain)	85,00	111,00
18348	Rolls, dinner, whole-wheat	85,00	106,00
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	84,00	307,00
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	84,00	41,00
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	84,00	22,00
12093	Nuts, chestnuts, chinese, raw	84,00	18,00
19056	Snacks, tortilla chips, plain, white corn, salted	84,00	106,00
19524	Snacks, taro chips	84,00	60,00
25028	Tortilla chips, yellow, plain, salted	84,00	104,00
28324	Pancakes, whole wheat, dry mix, incomplete	84,00	158,00
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	84,00	36,00
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	83,00	33,00
11988	Fungi, Cloud ears, dried	83,00	159,00
14192	Beverages, Cocoa mix, powder	83,00	133,00
18360	Taco shells, baked	83,00	100,00
01258	Egg, white, dried, stabilized, glucose reduced	82,00	101,00
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	82,00	10,00
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	82,00	59,00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	82,00	235,00
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	82,00	30,00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	82,00	153,00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	82,00	153,00
12059	Nuts, acorns, dried	82,00	54,00
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	82,00	40,00
16138	Falafel, home-prepared	82,00	54,00
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	82,00	40,00
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	82,00	147,00
20087	Wheat, sprouted	82,00	28,00
20111	Noodles, egg, spinach, enriched, dry	82,00	56,00
19016	Snacks, granola bars, hard, almond	81,00	32,00
19220	Desserts, rennin, chocolate, dry mix	81,00	166,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
28313	Rolls, hamburger or hot dog, whole wheat	81,00	198,00
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	81,00	88,00
43031	Candies, chocolate covered, caramel with nuts	81,00	78,00
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	81,00	29,00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	81,00	26,00
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	81,00	26,00
11147	Chard, swiss, raw	81,00	51,00
11956	Tomatoes, sun-dried, packed in oil, drained	81,00	47,00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	81,00	72,00
15198	Fish, ling, cooked, dry heat	81,00	44,00
16114	Tempeh	81,00	111,00
18066	Bread, wheat bran	81,00	74,00
18077	Bread, whole-wheat, prepared from recipe	81,00	33,00
02064	Peppermint, fresh	80,00	243,00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	80,00	3 333,00
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	80,00	333,00
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	80,00	333,00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	80,00	2,00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	80,00	2,00
18059	Bread, rice bran	80,00	69,00
19038	Snacks, popcorn, caramel-coated, with peanuts	80,00	66,00
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	80,00	200,00
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	80,00	--
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	79,00	4,00
20005	Barley, pearled, raw	79,00	29,00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	79,00	228,00
08610	Cereals ready-to-eat, KASHI Honey Sunshine	79,00	29,00
11457	Spinach, raw	79,00	99,00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	79,00	57,00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	78,00	18,00
18216	Crackers, crispbread, rye	78,00	31,00
28397	Bread, multi-grain (includes whole-grain)	78,00	103,00
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	77,00	131,00
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	77,00	131,00
02020	Spices, garlic powder	77,00	79,00
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	77,00	192,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	77,00	0,00
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	77,00	30,00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	77,00	60,00
18267	English muffins, whole-wheat, toasted	77,00	288,00
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	76,00	105,00
11461	Spinach, canned, regular pack, drained solids	76,00	127,00
15046	Fish, mackerel, Atlantic, raw	76,00	12,00
18384	Bread, rice bran, toasted	76,00	75,00
18952	Tostada shells, corn	--	76,00
19400	Snacks, banana chips	76,00	18,00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	76,00	20,00
19057	Snacks, tortilla chips, nacho cheese	75,00	137,00
19421	Snacks, potato chips, cheese-flavor	75,00	72,00
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	75,00	29,00
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	75,00	40,00
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	75,00	33,00
11463	Spinach, frozen, chopped or leaf, unprepared	75,00	129,00
18075	Bread, whole-wheat, commercially prepared	75,00	161,00
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	74,00	434,00
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	74,00	23,00
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	74,00	34,00
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	74,00	105,00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	74,00	32,00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	74,00	142,00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	74,00	32,00
12099	Nuts, chestnuts, european, dried, unpeeled	74,00	67,00
12100	Nuts, chestnuts, european, dried, peeled	74,00	64,00
15075	Fish, sablefish, smoked	74,00	50,00
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	74,00	62,00
16123	Soy sauce made from soy and wheat (shoyu)	74,00	33,00
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	74,00	62,00
19020	Snacks, granola bars, soft, uncoated, plain	74,00	105,00
19043	Snacks, potato chips, sour-cream-and-onion-flavor	74,00	72,00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	74,00	0,00
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	73,00	135,00
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	73,00	33,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	73,00	36,00
01136	Egg, white, dried, powder, stabilized, glucose reduced	72,00	89,00
08305	Cereals ready-to-eat, Post, Waffle Crisp	72,00	24,00
11452	Soybeans, mature seeds, sprouted, raw	72,00	67,00
18232	Crackers, wheat, regular	72,00	92,00
18363	Tortillas, ready-to-bake or -fry, corn	72,00	81,00
19003	Snacks, corn-based, extruded, chips, plain	72,00	138,00
19017	Snacks, granola bars, hard, chocolate chip	72,00	77,00
19022	Snacks, granola bars, soft, uncoated, raisin	72,00	101,00
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	72,00	168,00
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	72,00	93,00
19352	Syrups, malt	72,00	61,00
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	72,00	--
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	71,00	67,00
19403	Snacks, crisped rice bar, almond	71,00	74,00
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	71,00	89,00
25027	Snacks, plantain chips, salted	71,00	9,00
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	71,00	333,00
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	71,00	--
28317	Bread, wheat, sprouted, toasted	71,00	0,00
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	71,00	333,00
11503	Swamp cabbage, (skunk cabbage), raw	71,00	77,00
15208	Fish, sablefish, cooked, dry heat	71,00	45,00
16158	Hummus, commercial	71,00	38,00
18266	English muffins, whole-wheat	71,00	265,00
01021	Cheese, gjetost	70,00	400,00
11086	Beet greens, raw	70,00	117,00
11505	Sweet potato leaves, raw	70,00	78,00
14317	Beverages, malted drink mix, chocolate, powder	70,00	60,00
16015	Beans, black, mature seeds, cooked, boiled, without salt	70,00	27,00
16315	Beans, black, mature seeds, cooked, boiled, with salt	70,00	27,00
18116	Cake, gingerbread, prepared from recipe	70,00	71,00
18966	Crackers, saltines, whole wheat (includes multi-grain)	70,00	0,00
19437	Snacks, potato chips, fat free, salted	70,00	35,00
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	70,00	1 084,00
43447	Snacks, corn-based, extruded, chips, unsalted	70,00	124,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	69,00	102,00
19423	Snacks, potato chips, fat-free, made with olestra	69,00	35,00
25036	Snacks, granola bites, mixed flavors	69,00	41,00
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	69,00	333,00
35198	Prickly pears, raw (Northern Plains Indians)	69,00	180,00
35203	Rose Hips, wild (Northern Plains Indians)	69,00	169,00
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	69,00	285,00
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	69,00	9,00
11990	Wasabi, root, raw	69,00	128,00
15002	Fish, anchovy, european, canned in oil, drained solids	69,00	232,00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	69,00	30,00
18042	Bread, pita, whole-wheat	69,00	15,00
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	68,00	33,00
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	68,00	36,00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	68,00	66,00
09094	Figs, dried, uncooked	68,00	162,00
11087	Beet greens, cooked, boiled, drained, without salt	68,00	114,00
11344	Pigeonpeas, immature seeds, raw	68,00	42,00
11427	Purslane, raw	68,00	65,00
11736	Beet greens, cooked, boiled, drained, with salt	68,00	114,00
12004	Seeds, breadnut tree seeds, raw	68,00	98,00
14224	Beverages, coffee, instant, mocha, sweetened	68,00	271,00
16046	Beans, small white, mature seeds, cooked, boiled, without salt	68,00	73,00
16346	Beans, small white, mature seeds, cooked, boiled, with salt	68,00	73,00
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	--	68,00
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	68,00	59,00
28303	Crackers, cheese, whole grain	68,00	128,00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	67,00	108,00
19188	Puddings, chocolate, dry mix, regular	67,00	53,00
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	67,00	24,00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	67,00	24,00
19811	Snacks, potato chips, plain, unsalted	67,00	24,00
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	67,00	42,00
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	67,00	400,00
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	67,00	69,00
42139	Granola bar, soft, milk chocolate coated, peanut butter	67,00	108,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
01135	Egg, white, dried, flakes, stabilized, glucose reduced	67,00	83,00
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	67,00	33,00
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	67,00	36,00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	67,00	30,00
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	67,00	333,00
11428	Purslane, cooked, boiled, drained, without salt	67,00	78,00
11442	Seaweed, agar, raw	67,00	54,00
11849	Purslane, cooked, boiled, drained, with salt	67,00	78,00
15065	Fish, pollock, Atlantic, raw	67,00	60,00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	66,00	27,00
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	66,00	103,00
28316	Bread, wheat, sprouted	66,00	0,00
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	65,00	175,00
20002	Amaranth grain, cooked	65,00	47,00
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	65,00	39,00
25012	Snacks, sweet potato chips, unsalted	65,00	59,00
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	65,00	143,00
01144	Egg substitute, powder	65,00	326,00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	65,00	32,00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	65,00	41,00
11413	Potato flour	--	65,00
11450	Soybeans, green, raw	65,00	197,00
14181	Beverages, chocolate syrup	65,00	14,00
15222	Fish, turbot, european, cooked, dry heat	65,00	23,00
16041	Beans, pink, mature seeds, cooked, boiled, without salt	65,00	52,00
16341	Beans, pink, mature seeds, cooked, boiled, with salt	65,00	52,00
18043	Bread, protein (includes gluten)	65,00	124,00
02044	Basil, fresh	64,00	177,00
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	64,00	111,00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	64,00	200,00
09289	Prunes, dehydrated (low-moisture), uncooked	64,00	72,00
11212	Edamame, frozen, prepared	64,00	63,00
11231	Jute, potherb, raw	64,00	208,00
11384	Potatoes, au gratin, dry mix, unprepared	64,00	311,00
12204	Nuts, chestnuts, japanese, roasted	64,00	35,00
14067	Beverages, Protein powder soy based	64,00	178,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	64,00	10,00
19125	Chocolate-flavored hazelnut spread	64,00	108,00
19279	Candies, milk chocolate coated coffee beans	64,00	169,00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	64,00	41,00
19415	Snacks, potato sticks	64,00	18,00
20015	Corn bran, crude	64,00	42,00
20137	Quinoa, cooked	64,00	17,00
19083	Candies, sweet chocolate coated fondant	63,00	17,00
19120	Candies, milk chocolate	63,00	189,00
19238	Candies, REESE'S BITES	63,00	112,00
19411	Snacks, potato chips, plain, salted	63,00	21,00
20064	Rye flour, medium	63,00	24,00
20095	Pasta, fresh-refrigerated, spinach, as purchased	63,00	43,00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	63,00	116,00
35009	Whale, beluga, meat, dried (Alaska Native)	63,00	22,00
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	63,00	54,00
35200	Prairie Turnips, raw (Northern Plains Indians)	63,00	130,00
02065	Spearmint, fresh	63,00	199,00
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	63,00	36,00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	63,00	61,00
15044	Fish, ling, raw	63,00	34,00
15137	Crustaceans, crab, alaska king, cooked, moist heat	63,00	59,00
15227	Crustaceans, crab, queen, cooked, moist heat	63,00	33,00
16050	Beans, white, mature seeds, cooked, boiled, without salt	63,00	90,00
16084	Mungo beans, mature seeds, cooked, boiled, without salt	63,00	53,00
16350	Beans, white, mature seeds, cooked, boiled, with salt	63,00	90,00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	63,00	53,00
18021	Bread, boston brown, canned	63,00	70,00
06969	Potato soup, instant, dry mix	62,00	172,00
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	62,00	69,00
11232	Jute, potherb, cooked, boiled, drained, without salt	62,00	211,00
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	62,00	69,00
11789	Jute, potherb, cooked, boiled, drained, with salt	62,00	211,00
12058	Nuts, acorns, raw	62,00	41,00
12158	Seeds, breadfruit seeds, roasted	62,00	86,00
18428	Crackers, wheat, low salt	62,00	49,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19098	Candies, 5TH AVENUE Candy Bar	62,00	73,00
19134	Candies, milk chocolate, with rice cereal	62,00	187,00
19150	Candies, REESE'S Peanut Butter Cups	62,00	78,00
20127	Spaghetti, spinach, cooked	62,00	30,00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	62,00	286,00
25064	Snacks, potato chips, lightly salted	62,00	24,00
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	62,00	--
28306	Bread, chapati or roti, plain, commercially prepared	62,00	93,00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	61,00	75,00
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	61,00	41,00
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	61,00	35,00
06112	Sauce, teriyaki, ready-to-serve	61,00	25,00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	61,00	25,00
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	61,00	71,00
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	61,00	16,00
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	61,00	18,00
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	61,00	33,00
11211	Edamame, frozen, unprepared	61,00	60,00
01093	Milk, dry, nonfat, calcium reduced	60,00	280,00
02010	Spices, cinnamon, ground	60,00	1 002,00
06094	Soup, onion, dry, mix	60,00	143,00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	60,00	1 887,00
11007	Artichokes, (globe or french), raw	60,00	44,00
11048	Beans, pinto, immature seeds, frozen, unprepared	60,00	58,00
11451	Soybeans, green, cooked, boiled, drained, without salt	60,00	145,00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	60,00	59,00
11853	Soybeans, green, cooked, boiled, drained, with salt	60,00	145,00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	60,00	59,00
11972	Lemon grass (citronella), raw	60,00	65,00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	60,00	180,00
15230	Mollusks, octopus, common, cooked, moist heat	60,00	106,00
16129	Tofu, fried	60,00	372,00
18045	Bread, pumpernickel, toasted	60,00	74,00
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	60,00	36,00
28039	KASHI, TLC, Happy Trail Mix Cookies	60,00	--
83110	Fish, mackerel, salted	60,00	66,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18424	Crackers, melba toast, plain, without salt	59,00	93,00
18617	NABISCO, NABISCO GRAHAMS Crackers	59,00	79,00
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	59,00	--
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	59,00	14,00
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	59,00	15,00
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	59,00	370,00
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	59,00	24,00
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	59,00	25,00
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	59,00	370,00
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	59,00	296,00
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	59,00	370,00
11386	Potatoes, scalloped, dry mix, unprepared	59,00	62,00
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	59,00	22,00
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	59,00	42,00
16128	Tofu, dried-frozen (koyadofu)	59,00	364,00
16144	Lentils, pink or red, raw	59,00	48,00
18065	Bread, wheat, toasted	59,00	165,00
18220	Crackers, melba toast, plain	59,00	93,00
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	58,00	455,00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	58,00	182,00
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	58,00	182,00
09446	Plantains, green, fried	58,00	4,00
11031	Lima beans, immature seeds, raw	58,00	34,00
11197	Cowpeas, young pods with seeds, raw	58,00	65,00
12095	Nuts, chestnuts, chinese, boiled and steamed	58,00	12,00
12140	Nuts, formulated, wheat-based, unflavored, with salt added	58,00	26,00
15168	Mollusks, oyster, eastern, cooked, breaded and fried	58,00	62,00
15226	Crustaceans, crab, dungeness, cooked, moist heat	58,00	59,00
16426	Tofu, raw, firm, prepared with calcium sulfate	58,00	683,00
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	58,00	1 229,00
19042	Snacks, potato chips, barbecue-flavor	58,00	32,00
20109	Noodles, egg, dry, enriched	58,00	35,00
20409	Noodles, egg, dry, unenriched	58,00	35,00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	--	58,00
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	58,00	53,00
18977	KASHI, TLC, Toasted Asiago Crackers	57,00	160,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
35205	Stinging Nettles, blanched (Northern Plains Indians)	57,00	481,00
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	57,00	41,00
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	57,00	18,00
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	57,00	357,00
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	57,00	714,00
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	57,00	357,00
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	57,00	357,00
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	57,00	205,00
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	57,00	38,00
11278	Okra, raw	57,00	82,00
11623	Kale, scotch, cooked, boiled, drained, without salt	57,00	132,00
11792	Kale, scotch, cooked, boiled, drained, with salt	57,00	132,00
06080	Soup, chicken broth or bouillon, dry	56,00	187,00
06081	Soup, chicken broth cubes, dry	56,00	190,00
06115	Gravy, au jus, dry	56,00	140,00
06981	Soup, bouillon cubes and granules, low sodium, dry	56,00	187,00
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	56,00	11,00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	56,00	28,00
11316	Peas, mature seeds, sprouted, raw	56,00	36,00
11459	Spinach, canned, regular pack, solids and liquids	56,00	83,00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	56,00	28,00
11855	Spinach, canned, no salt added, solids and liquids	56,00	83,00
12205	Seeds, lotus seeds, raw	56,00	44,00
15156	Mollusks, abalone, mixed species, cooked, fried	56,00	37,00
16023	Beans, french, mature seeds, cooked, boiled, without salt	56,00	63,00
16147	Veggie burgers or soyburgers, unprepared	56,00	136,00
16323	Beans, french, mature seeds, cooked, boiled, with salt	56,00	63,00
18215	Crackers, cheese, sandwich-type with peanut butter filling	56,00	50,00
18222	Crackers, melba toast, wheat	56,00	43,00
18383	Bread, protein, (includes gluten), toasted	56,00	136,00
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	56,00	400,00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	56,00	36,00
28302	Cookies, graham crackers, plain or honey, lowfat	56,00	429,00
42272	Snacks, granola bar, with coconut, chocolate coated	56,00	42,00
18378	Cookies, chocolate chip, prepared from recipe, made with butter	55,00	38,00
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	55,00	64,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	55,00	57,00
19142	Candies, MOUNDS Candy Bar	55,00	21,00
19420	Snacks, granola bars, hard, peanut butter	55,00	41,00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	55,00	65,00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	55,00	526,00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	55,00	470,00
35140	Bread, kneel down (Navajo)	55,00	5,00
02045	Dill weed, fresh	55,00	208,00
03127	Babyfood, vegetables, spinach, creamed, strained	55,00	89,00
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	55,00	470,00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	55,00	580,00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	55,00	530,00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	55,00	470,00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	55,00	530,00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	55,00	526,00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	55,00	526,00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	55,00	11,00
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	55,00	11,00
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	55,00	9,00
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	55,00	345,00
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	55,00	345,00
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	55,00	11,00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	55,00	18,00
11003	Amaranth leaves, raw	55,00	215,00
11004	Amaranth leaves, cooked, boiled, drained, without salt	55,00	209,00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	55,00	26,00
11700	Amaranth leaves, cooked, boiled, drained, with salt	55,00	209,00
15074	Fish, sablefish, raw	55,00	35,00
18049	Bread, reduced-calorie, oat bran	55,00	57,00
18050	Bread, reduced-calorie, oat bran, toasted	55,00	68,00
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	55,00	39,00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	55,00	81,00
01156	Cheese, goat, hard type	54,00	895,00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	54,00	444,00
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	54,00	11,00
09421	Dates, medjool	54,00	64,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	54,00	52,00
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	54,00	52,00
12001	Seeds, breadfruit seeds, raw	54,00	36,00
12101	Nuts, chestnuts, european, boiled and steamed	54,00	46,00
15035	Fish, haddock, smoked	54,00	49,00
15170	Mollusks, oyster, eastern, canned	54,00	45,00
15216	Fish, spot, cooked, dry heat	54,00	18,00
16055	Carob flour	54,00	348,00
16077	Lupins, mature seeds, cooked, boiled, without salt	54,00	51,00
16136	Winged beans, mature seeds, cooked, boiled, without salt	54,00	142,00
16377	Lupins, mature seeds, cooked, boiled, with salt	54,00	51,00
16436	Winged beans, mature seeds, cooked, boiled, with salt	54,00	142,00
18044	Bread, pumpernickel	54,00	68,00
18233	Crackers, wheat, sandwich, with cheese filling	54,00	204,00
18346	Rolls, dinner, rye	54,00	30,00
18375	Leavening agents, yeast, baker's, active dry	54,00	30,00
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	54,00	61,00
18993	BEAR NAKED, Double Chocolate Cookies	54,00	--
19367	Toppings, nuts in syrup	54,00	35,00
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	54,00	299,00
20125	Pasta, whole-wheat, cooked	54,00	13,00
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	54,00	299,00
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	54,00	51,00
43441	Rolls, pumpernickel	54,00	67,00
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	53,00	143,00
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	53,00	110,00
20120	Pasta, dry, enriched	53,00	21,00
20420	Pasta, dry, unenriched	53,00	21,00
25040	Snacks, vegetable chips, made from garden vegetables	53,00	52,00
28101	KEEBLER, Cinnamon Toast Grahams	53,00	300,00
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	53,00	457,00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	53,00	333,00
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	53,00	1 000,00
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	53,00	1 333,00
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	53,00	67,00
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	53,00	17,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	53,00	17,00
12128	Nuts, ginkgo nuts, dried	53,00	20,00
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	53,00	455,00
15092	Fish, sea bass, mixed species, cooked, dry heat	53,00	13,00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	53,00	69,00
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	53,00	24,00
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	53,00	29,00
16160	Tofu, hard, prepared with nigari	53,00	345,00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	53,00	69,00
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	53,00	24,00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	53,00	29,00
18154	Cookies, brownies, prepared from recipe	53,00	57,00
18157	Cookies, chocolate wafers	53,00	31,00
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	52,00	920,00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	52,00	920,00
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	52,00	323,00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	52,00	128,00
11613	Borage, raw	52,00	93,00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	52,00	128,00
11963	Nopales, raw	52,00	164,00
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	52,00	28,00
16132	Tofu, salted and fermented (fuyu)	52,00	46,00
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	52,00	28,00
18025	Bread, cracked-wheat	52,00	43,00
18177	Cookies, molasses	52,00	74,00
20113	Noodles, chinese, chow mein	52,00	20,00
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	52,00	21,00
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	52,00	238,00
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	52,00	--
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	52,00	81,00
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	52,00	74,00
28318	Bread, french or vienna, whole wheat	52,00	42,00
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	52,00	930,00
42178	Mayonnaise, made with tofu	52,00	53,00
18968	Bagels, wheat	51,00	20,00
19002	Snacks, beef jerky, chopped and formed	51,00	20,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	51,00	50,00
19118	Candies, NESTLE, OH HENRY! Bar	51,00	69,00
20010	Buckwheat groats, roasted, cooked	51,00	7,00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	51,00	218,00
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	51,00	202,00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	51,00	143,00
28330	Cookies, marshmallow, with rice cereal and chocolate chips	51,00	0,00
43340	Cheese, parmesan, low sodium	51,00	800,00
01146	Cheese, parmesan, shredded	51,00	1 253,00
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	51,00	453,00
06075	Soup, beef broth or bouillon, powder, dry	51,00	60,00
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	51,00	570,00
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	51,00	27,00
09311	Roselle, raw	51,00	215,00
11005	Arrowhead, raw	51,00	10,00
11191	Cowpeas (blackeyes), immature seeds, raw	51,00	126,00
11526	Taro, tahitian, cooked, without salt	51,00	149,00
11881	Taro, tahitian, cooked, with salt	51,00	149,00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	51,00	11,00
15129	Fish, turbot, european, raw	51,00	18,00
15188	Fish, bass, striped, cooked, dry heat	51,00	19,00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	51,00	63,00
16026	Beans, great northern, mature seeds, canned	51,00	53,00
16051	Beans, white, mature seeds, canned	51,00	73,00
16326	Beans, great northern, mature seeds, canned, low sodium	51,00	53,00
18201	Cookies, peanut butter sandwich, special dietary	51,00	43,00
06076	Soup, beef broth, cubed, dry	50,00	60,00
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	50,00	313,00
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50,00	24,00
11039	Lima beans, immature seeds, frozen, baby, unprepared	50,00	35,00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	50,00	23,00
11297	Parsley, fresh	50,00	138,00
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	50,00	23,00
12003	Seeds, breadfruit seeds, boiled	50,00	61,00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	50,00	15,00
15117	Fish, tuna, fresh, bluefin, raw	50,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	--	50,00
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	50,00	68,00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	50,00	46,00
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	--	50,00
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	50,00	68,00
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	50,00	46,00
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	50,00	150,00
20143	Teff, cooked	50,00	49,00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	50,00	143,00
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	50,00	23,00
19216	Candies, praline, prepared-from-recipe	49,00	43,00
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	49,00	70,00
19910	Candies, crispy bar with peanut butter filling	49,00	70,00
20025	Cornmeal, yellow, self-rising, degermed, enriched	49,00	350,00
20141	Spelt, cooked	49,00	10,00
20325	Cornmeal, white, self-rising, degermed, enriched	49,00	350,00
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	49,00	192,00
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	49,00	146,00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	49,00	39,00
28301	Cookies, peanut butter, commercially prepared, sugar free	49,00	0,00
32016	Macaroni or noodles with cheese, microwaveable, unprepared	49,00	328,00
35201	Prairie Turnips, boiled (Northern Plains Indians)	49,00	103,00
01134	Egg, whole, dried, stabilized, glucose reduced	49,00	222,00
03213	Babyfood, cookies	49,00	101,00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	49,00	455,00
11006	Arrowhead, cooked, boiled, drained, without salt	49,00	7,00
11701	Arrowhead, cooked, boiled, drained, with salt	49,00	7,00
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	49,00	14,00
12202	Nuts, chestnuts, japanese, raw	49,00	31,00
15095	Fish, shark, mixed species, raw	49,00	34,00
15136	Crustaceans, crab, alaska king, raw	49,00	46,00
15144	Crustaceans, crab, queen, raw	49,00	26,00
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	49,00	55,00
16085	Peas, green, split, mature seeds, raw	49,00	37,00
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	49,00	55,00
18172	Cookies, gingersnaps	49,00	77,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18190	Cookies, peanut butter sandwich, regular	49,00	53,00
02046	Mustard, prepared, yellow	48,00	63,00
03682	Babyfood, cereal, high protein, prepared with whole milk	48,00	218,00
06101	Soup, cream of vegetable, dry, powder	48,00	134,00
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	48,00	303,00
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	48,00	67,00
11506	Sweet potato leaves, cooked, steamed, without salt	48,00	33,00
11874	Sweet potato leaves, cooked, steamed, with salt	48,00	33,00
11986	Malabar spinach, cooked	48,00	124,00
15155	Mollusks, abalone, mixed species, raw	48,00	31,00
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	48,00	66,00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	48,00	49,00
16081	Mung beans, mature seeds, cooked, boiled, without salt	48,00	27,00
16100	Peanut flour, low fat	48,00	130,00
16112	Miso	48,00	57,00
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	48,00	66,00
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	48,00	49,00
16381	Mung beans, mature seeds, cooked, boiled, with salt	48,00	27,00
18180	Cookies, oatmeal, dry mix	48,00	25,00
18261	English muffins, mixed-grain, toasted (includes granola)	48,00	213,00
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	48,00	24,00
19010	Snacks, crisped rice bar, chocolate chip	48,00	21,00
19069	Candies, NESTLE, BUTTERFINGER Bar	48,00	36,00
19138	Candies, truffles, prepared-from-recipe	48,00	157,00
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	48,00	61,00
19348	Syrups, chocolate, fudge-type	48,00	49,00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	48,00	20,00
20139	Wheat, KAMUT khorasan, cooked	48,00	9,00
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	48,00	207,00
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	48,00	417,00
18950	Crackers, wheat, reduced fat	47,00	80,00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	47,00	126,00
19143	Candies, MR. GOODBAR Chocolate Bar	47,00	110,00
20066	Semolina, enriched	47,00	17,00
20466	Semolina, unenriched	47,00	17,00
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	47,00	--

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	47,00	--
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	47,00	--
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	47,00	106,00
28308	Crackers, standard snack-type, with whole wheat	47,00	167,00
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	47,00	196,00
36045	ON THE BORDER, refried beans	47,00	57,00
03997	Babyfood, Baby MUM MUM Rice Biscuits	47,00	0,00
06626	Sauce, pesto, ready-to-serve, refrigerated	47,00	306,00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	47,00	306,00
11233	Kale, raw	47,00	150,00
11525	Taro, tahitian, raw	47,00	129,00
11959	Arugula, raw	47,00	160,00
11964	Nopales, cooked, without salt	47,00	164,00
15106	Fish, sturgeon, mixed species, smoked	47,00	17,00
16039	Beans, navy, mature seeds, canned	--	47,00
16069	Lentils, raw	47,00	35,00
17107	Veal, loin, separable lean only, raw	47,00	11,00
18166	Cookies, chocolate sandwich, with creme filling, regular	47,00	21,00
18297	Pancakes, special dietary, dry mix	47,00	99,00
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	46,00	541,00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	46,00	11,00
08546	Rice and Wheat cereal bar	46,00	31,00
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	46,00	882,00
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	46,00	26,00
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	46,00	36,00
09173	Longans, dried	46,00	45,00
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	46,00	18,00
15042	Fish, herring, Atlantic, kippered	46,00	84,00
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	46,00	43,00
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	46,00	43,00
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	46,00	250,00
18376	Bread crumbs, dry, grated, seasoned	46,00	182,00
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	46,00	49,00
20093	Pasta, fresh-refrigerated, plain, as purchased	46,00	15,00
20105	Macaroni, vegetable, enriched, dry	46,00	34,00
25050	Snacks, yucca (cassava) chips, salted	46,00	52,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	46,00	998,00
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	46,00	130,00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	45,00	29,00
19169	Egg custards, dry mix	45,00	228,00
19184	Puddings, chocolate, dry mix, instant	45,00	12,00
19418	Snacks, sesame sticks, wheat-based, salted	45,00	170,00
19820	Snacks, sesame sticks, wheat-based, unsalted	45,00	170,00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	45,00	12,00
27059	Sauce, peanut, made from peanut butter, water, soy sauce	45,00	22,00
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	45,00	--
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	45,00	--
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	45,00	--
28311	Cookies, sugar wafer, chocolate-covered	45,00	0,00
42131	Milk dessert, frozen, milk-fat free, chocolate	45,00	154,00
43112	Beans, chili, barbecue, ranch style, cooked	45,00	31,00
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	45,00	291,00
06127	Gravy, unspecified type, dry	45,00	150,00
06627	Sauce, pesto, ready-to-serve, shelf stable	45,00	173,00
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	45,00	11,00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	45,00	711,00
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	45,00	801,00
09447	Plantains, yellow, fried, Latino restaurant	45,00	6,00
11520	Taro leaves, raw	45,00	107,00
11620	Drumstick pods, raw	45,00	30,00
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	45,00	161,00
15105	Fish, sturgeon, mixed species, cooked, dry heat	45,00	17,00
15143	Crustaceans, crab, dungeness, raw	45,00	46,00
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	45,00	28,00
16059	Chili with beans, canned	45,00	47,00
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	45,00	28,00
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	45,00	28,00
01033	Cheese, parmesan, hard	44,00	1 184,00
01250	Nutritional supplement for people with diabetes, liquid	44,00	110,00
06126	Gravy, turkey, dry	44,00	146,00
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	44,00	36,00
11199	Yardlong bean, raw	44,00	50,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11676	Radish seeds, sprouted, raw	44,00	51,00
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	44,00	130,00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	44,00	37,00
15231	Mollusks, oyster, Pacific, cooked, moist heat	44,00	16,00
18084	Bread stuffing, cornbread, dry mix	44,00	78,00
18185	Cookies, peanut butter, commercially prepared, regular	44,00	41,00
18351	Rolls, hamburger or hotdog, mixed-grain	44,00	95,00
18459	Breakfast tart, low fat	--	44,00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	44,00	105,00
20028	Couscous, dry	44,00	24,00
20032	Millet, cooked	44,00	3,00
20041	Rice, brown, medium-grain, cooked	44,00	10,00
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	44,00	82,00
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	44,00	82,00
36418	Restaurant, Mexican, refried beans	44,00	57,00
18377	Cookies, oatmeal, prepared from recipe, without raisins	43,00	105,00
19111	Candies, NESTLE, BABY RUTH Bar	43,00	47,00
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	43,00	--
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	43,00	--
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	43,00	--
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	43,00	--
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	43,00	--
42283	Snacks, potato chips, white, restructured, baked	43,00	125,00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	43,00	202,00
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	43,00	11,00
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	43,00	14,00
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	43,00	20,00
09087	Dates, deglet noor	43,00	39,00
11201	Cowpeas, leafy tips, raw	43,00	63,00
11216	Ginger root, raw	43,00	16,00
11280	Okra, frozen, unprepared	43,00	81,00
11364	Potatoes, baked, skin, without salt	43,00	34,00
11483	Squash, winter, acorn, cooked, baked, without salt	43,00	44,00
11830	Potatoes, baked, skin only, with salt	43,00	34,00
11864	Squash, winter, acorn, cooked, baked, with salt	43,00	44,00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	43,00	50,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
15109	Fish, surimi	43,00	9,00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	43,00	13,00
15148	Crustaceans, lobster, northern, cooked, moist heat	43,00	96,00
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	43,00	19,00
15174	Mollusks, scallop, mixed species, imitation, made from surimi	43,00	8,00
16005	Beans, baked, home prepared	43,00	61,00
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	43,00	36,00
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	43,00	17,00
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	43,00	17,00
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	43,00	36,00
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	43,00	17,00
17104	Veal, loin, separable lean and fat, raw	43,00	14,00
18055	Bread, reduced-calorie, wheat	43,00	163,00
18061	Bread, rye, toasted	43,00	80,00
18079	Bread crumbs, dry, grated, plain	43,00	183,00
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	42,00	430,00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	42,00	430,00
05623	Emu, fan fillet, raw	42,00	3,00
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	42,00	34,00
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	42,00	421,00
09165	Litchis, dried	42,00	33,00
09246	Peaches, dried, sulfured, uncooked	42,00	28,00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	42,00	21,00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	42,00	30,00
11122	Cardoon, raw	42,00	70,00
11156	Chives, raw	42,00	92,00
11200	Yardlong bean, cooked, boiled, drained, without salt	42,00	44,00
11222	Drumstick leaves, raw	42,00	185,00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	42,00	41,00
11546	Tomato products, canned, paste, without salt added	42,00	36,00
11621	Drumstick pods, cooked, boiled, drained, without salt	42,00	20,00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	42,00	21,00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	42,00	30,00
11787	Drumstick pods, cooked, boiled, drained, with salt	42,00	20,00
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	42,00	41,00
11899	Yardlong bean, cooked, boiled, drained, with salt	42,00	44,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	42,00	127,00
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	42,00	127,00
15016	Fish, cod, Atlantic, cooked, dry heat	42,00	14,00
15021	Fish, croaker, Atlantic, cooked, breaded and fried	42,00	32,00
15103	Fish, spot, raw	42,00	14,00
15189	Fish, bluefish, cooked, dry heat	42,00	9,00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	42,00	4,00
15223	Fish, whitefish, mixed species, cooked, dry heat	42,00	33,00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	42,00	35,00
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	42,00	44,00
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	42,00	44,00
18184	Cookies, oatmeal, prepared from recipe, with raisins	42,00	100,00
18243	Croutons, seasoned	42,00	96,00
18265	English muffins, wheat, toasted	42,00	193,00
19148	Candies, peanut brittle, prepared-from-recipe	42,00	27,00
21078	Fast foods, nachos, with cheese	42,00	63,00
21268	TACO BELL, Nachos	42,00	63,00
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	42,00	41,00
28354	ANDREA'S, Gluten Free Soft Dinner Roll	42,00	41,00
32017	Pasta mix, Italian four cheese lasagna, unprepared	42,00	55,00
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	41,00	74,00
19434	Cheese puffs and twists, corn based, baked, low fat	41,00	357,00
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	41,00	11,00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	41,00	7,00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	41,00	155,00
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	41,00	--
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	41,00	--
28319	Bagels, whole grain white	41,00	93,00
28333	Cookies, gluten-free, chocolate wafer	41,00	109,00
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	41,00	109,00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	41,00	400,00
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	41,00	390,00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	41,00	390,00
36413	Restaurant, Latino, black bean soup	41,00	42,00
01038	Cheese, romano	41,00	1 064,00
01161	Cheese substitute, mozzarella	41,00	610,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	41,00	400,00
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	41,00	400,00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	41,00	400,00
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	41,00	397,00
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	41,00	420,00
06958	Gravy, instant beef, dry	41,00	141,00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	41,00	26,00
09085	Currants, zante, dried	41,00	86,00
09291	Plums, dried (prunes), uncooked	41,00	43,00
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	41,00	55,00
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	41,00	55,00
15001	Fish, anchovy, european, raw	41,00	147,00
15017	Fish, cod, Atlantic, canned, solids and liquid	41,00	21,00
15040	Fish, herring, Atlantic, cooked, dry heat	41,00	74,00
15091	Fish, sea bass, mixed species, raw	41,00	10,00
15190	Fish, burbot, cooked, dry heat	41,00	64,00
15197	Fish, herring, Pacific, cooked, dry heat	41,00	106,00
15200	Fish, mackerel, king, cooked, dry heat	41,00	40,00
18040	Bread, oatmeal, toasted	41,00	72,00
18064	Bread, wheat	41,00	125,00
18097	Cake, pudding-type, chocolate, dry mix	41,00	133,00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	41,00	21,00
18188	Cookies, peanut butter, refrigerated dough, baked	41,00	111,00
18260	English muffins, mixed-grain (includes granola)	41,00	196,00
01185	Parmesan cheese topping, fat free	40,00	800,00
01187	Yogurt, chocolate, nonfat milk	40,00	88,00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	40,00	88,00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	40,00	159,00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	40,00	600,00
05626	Emu, full rump, raw	40,00	4,00
06120	Gravy, chicken, dry	40,00	146,00
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	40,00	166,00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	40,00	51,00
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	40,00	61,00
09451	Horned melon (Kiwano)	40,00	13,00
11224	Hyacinth-beans, immature seeds, raw	40,00	50,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11281	Okra, frozen, cooked, boiled, drained, without salt	40,00	74,00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	40,00	41,00
11804	Okra, frozen, cooked, boiled, drained, with salt	40,00	74,00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	40,00	41,00
15004	Fish, bass, striped, raw	40,00	15,00
15020	Fish, croaker, Atlantic, raw	40,00	15,00
15063	Fish, pike, northern, cooked, dry heat	40,00	73,00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	40,00	67,00
15154	Crustaceans, spiny lobster, mixed species, raw	40,00	49,00
15193	Fish, cusk, cooked, dry heat	40,00	13,00
15214	Fish, seatrout, mixed species, cooked, dry heat	40,00	22,00
16124	Soy sauce made from soy (tamari)	40,00	20,00
18060	Bread, rye	40,00	73,00
18081	Bread stuffing, bread, dry mix	40,00	97,00
18152	Cookies, brownies, dry mix, regular	40,00	19,00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	40,00	77,00
18374	Leavening agents, yeast, baker's, compressed	40,00	19,00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	40,00	32,00
19410	Snack, potato chips, made from dried potatoes, plain	40,00	17,00
19924	Syrup, NESTLE, chocolate	40,00	0,00
20034	Oat bran, cooked	40,00	10,00
21060	Fast foods, burrito, with beans	40,00	52,00
21129	Fast foods, hush puppies	40,00	100,00
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	40,00	193,00
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	40,00	26,00
27065	Dip, bean, original flavor	40,00	26,00
27068	Dip, FRITO'S, bean, original flavor	40,00	26,00
28162	KELLOGG'S, Corn Flakes Crumbs	40,00	--
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	40,00	19,00
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	40,00	19,00
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	40,00	970,00
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	40,00	159,00
43476	Tofu yogurt	40,00	118,00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	40,00	79,00
18960	Crackers, snack, GOYA CRACKERS	39,00	16,00
18980	KASHI, Original Waffle	39,00	53,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19917	Candies, M&M MARS Pretzel Chocolate Candies	39,00	50,00
20037	Rice, brown, long-grain, cooked	39,00	3,00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	39,00	3,00
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	39,00	147,00
25046	Snacks, bagel chips, plain	39,00	24,00
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	39,00	--
28066	KEEBLER, CLUB, Minis Multigrain Crackers	39,00	--
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	39,00	--
32009	Pasta mix, classic beef, unprepared	39,00	21,00
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	39,00	540,00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	39,00	590,00
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	39,00	540,00
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	39,00	5,00
11105	Burdock root, cooked, boiled, drained, without salt	39,00	49,00
11276	New Zealand spinach, raw	39,00	58,00
11305	Peas, green, cooked, boiled, drained, without salt	39,00	27,00
11747	Burdock root, cooked, boiled, drained, with salt	39,00	49,00
11811	Peas, green, cooked, boiled, drained, with salt	39,00	27,00
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	39,00	113,00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	39,00	382,00
15271	Crustaceans, shrimp, cooked (not previously frozen)	39,00	70,00
16073	Lima beans, large, mature seeds, canned	39,00	21,00
16122	Soy protein isolate	39,00	178,00
16422	Soy protein isolate, potassium type	39,00	178,00
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	39,00	35,00
18189	Cookies, peanut butter, prepared from recipe	--	39,00
18221	Crackers, melba toast, rye (includes pumpernickel)	39,00	78,00
18370	Leavening agents, baking powder, double-acting, straight phosphate	39,00	7 364,00
01204	Cheese, parmesan, dry grated, reduced fat	38,00	1 109,00
01267	Cheese, mexican, queso cotija	38,00	800,00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	38,00	565,00
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	38,00	534,00
06128	Soup, chicken noodle, dry, mix	38,00	55,00
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	38,00	127,00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	38,00	16,00
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	38,00	338,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	38,00	27,00
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	38,00	24,00
11088	Broadbeans, immature seeds, raw	38,00	22,00
11104	Burdock root, raw	38,00	41,00
11203	Cress, garden, raw	38,00	81,00
11418	Pumpkin leaves, raw	38,00	39,00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	38,00	43,00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	38,00	43,00
11961	Hearts of palm, canned	38,00	58,00
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	38,00	135,00
15009	Fish, carp, cooked, dry heat	38,00	52,00
15052	Fish, mackerel, spanish, cooked, dry heat	38,00	13,00
15061	Fish, perch, mixed species, cooked, dry heat	38,00	102,00
15100	Fish, smelt, rainbow, cooked, dry heat	38,00	77,00
15147	Crustaceans, lobster, northern, raw	38,00	84,00
15176	Mollusks, squid, mixed species, cooked, fried	38,00	39,00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	38,00	103,00
15194	Fish, mahimahi, cooked, dry heat	38,00	19,00
15195	Fish, drum, freshwater, cooked, dry heat	38,00	77,00
15202	Fish, milkfish, cooked, dry heat	38,00	65,00
15204	Fish, pike, walleye, cooked, dry heat	38,00	141,00
15215	Fish, shad, american, cooked, dry heat	38,00	60,00
15217	Fish, sucker, white, cooked, dry heat	38,00	90,00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	38,00	103,00
15224	Fish, wolffish, Atlantic, cooked, dry heat	38,00	8,00
15225	Fish, yellowtail, mixed species, cooked, dry heat	38,00	29,00
16171	Refried beans, canned, vegetarian	38,00	35,00
16172	Refried beans, canned, fat-free	38,00	34,00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	38,00	6,00
18234	Crackers, wheat, sandwich, with peanut butter filling	38,00	170,00
18385	Bread, wheat germ, toasted	38,00	100,00
19240	Frostings, chocolate, creamy, dry mix	38,00	11,00
19248	Candies, HERSHEY'S, ALMOND JOY BITES	38,00	109,00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	38,00	183,00
28321	Rolls, hamburger, whole grain white, calcium-fortified	38,00	233,00
28329	Cookies, chocolate, made with rice cereal	38,00	32,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	38,00	49,00
18978	KASHI, Blueberry Waffle	37,00	51,00
18994	BEAR NAKED, Fruit & Nut Cookies	37,00	--
19109	Candies, KIT KAT Wafer Bar	37,00	125,00
21238	McDONALD'S, french fries	37,00	19,00
25037	Snacks, pita chips, salted	37,00	17,00
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	37,00	--
28286	Bread, paratha, whole wheat, commercially prepared, frozen	37,00	25,00
32010	Pasta mix, Italian lasagna, unprepared	37,00	52,00
32018	Spanish rice mix, dry mix, unprepared	37,00	29,00
43125	Beans, liquid from stewed kidney beans	37,00	13,00
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	37,00	38,00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	37,00	10,00
03194	Babyfood, cereal, Rice, dry, fortified	37,00	860,00
03209	Babyfood, crackers, vegetable	37,00	41,00
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	37,00	223,00
06006	Soup, bean with frankfurters, canned, condensed	37,00	66,00
09277	Plantains, raw	37,00	3,00
11167	Corn, sweet, yellow, raw	37,00	2,00
11248	Lentils, sprouted, raw	37,00	25,00
11369	Potatoes, microwaved, cooked in skin, skin, without salt	37,00	46,00
11836	Potatoes, microwaved, cooked, in skin, skin with salt	37,00	46,00
11900	Corn, sweet, white, raw	37,00	2,00
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	37,00	16,00
15032	Fish, grouper, mixed species, cooked, dry heat	37,00	21,00
15048	Fish, mackerel, jack, canned, drained solids	37,00	241,00
15102	Fish, snapper, mixed species, cooked, dry heat	37,00	40,00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	37,00	91,00
15165	Mollusks, mussel, blue, cooked, moist heat	37,00	33,00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	37,00	15,00
15267	Fish, pollock, Alaska, cooked (not previously frozen)	37,00	13,00
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	37,00	201,00
18039	Bread, oatmeal	37,00	66,00
18187	Cookies, peanut butter, refrigerated dough	37,00	101,00
18225	Crackers, rye, sandwich-type with cheese filling	37,00	222,00
18264	English muffins, wheat	37,00	178,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
01023	Cheese, gruyere	36,00	1 011,00
01263	Ice cream, light, soft serve, chocolate	36,00	134,00
01266	Cheese, Swiss, nonfat or fat free	36,00	961,00
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	36,00	343,00
03938	Infant formula, PBM PRODUCTS, store brand, powder	36,00	331,00
06051	Soup, pea, split with ham, canned, condensed	36,00	16,00
07209	OSCAR MAYER, Chicken Breast (honey glazed)	36,00	10,00
07932	Chicken breast, fat-free, mesquite flavor, sliced	36,00	4,00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	36,00	4,00
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	36,00	70,00
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	36,00	19,00
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	36,00	7,00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	36,00	5,00
11207	Dandelion greens, raw	36,00	187,00
11279	Okra, cooked, boiled, drained, without salt	36,00	77,00
11672	Potato pancakes	36,00	32,00
11803	Okra, cooked, boiled, drained, with salt	36,00	77,00
15086	Fish, salmon, sockeye, cooked, dry heat	36,00	11,00
15140	Crustaceans, crab, blue, cooked, moist heat	36,00	91,00
15141	Crustaceans, crab, blue, canned	36,00	91,00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	36,00	29,00
16070	Lentils, mature seeds, cooked, boiled, without salt	36,00	19,00
16086	Peas, split, mature seeds, cooked, boiled, without salt	36,00	14,00
16107	Sausage, meatless	36,00	63,00
16173	Frijoles rojos volteados (Refried beans, red, canned)	36,00	33,00
16370	Lentils, mature seeds, cooked, boiled, with salt	36,00	19,00
16386	Peas, split, mature seeds, cooked, boiled, with salt	36,00	14,00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	36,00	7,00
18127	Cake, snack cakes, creme-filled, chocolate with frosting	36,00	116,00
18161	Cookies, chocolate chip, dry mix	36,00	43,00
18168	Cookies, chocolate sandwich, with extra creme filling	36,00	16,00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	36,00	46,00
18224	Crackers, rusk toast	36,00	27,00
18230	Crackers, standard snack-type, sandwich, with cheese filling	36,00	257,00
18347	Rolls, dinner, wheat	36,00	176,00
18434	Crackers, cheese, low sodium	36,00	151,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19071	Candies, carob, unsweetened	36,00	303,00
19100	Candies, fudge, chocolate, prepared-from-recipe	36,00	49,00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	36,00	11,00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	36,00	45,00
20092	Pasta, gluten-free, corn, cooked	36,00	1,00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	36,00	5,00
22928	Burrito, beef and bean, microwaved	36,00	39,00
23506	USDA Commodity, beef patties with VPP, frozen, raw	36,00	29,00
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	36,00	--
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	36,00	--
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	36,00	--
28272	MURRAY, Chocolate Creme Sandwich Cookies	36,00	--
28350	Cookies, chocolate cream covered biscuit sticks	36,00	50,00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	36,00	343,00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	36,00	956,00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	36,00	325,00
42205	Cheese, pasteurized process, cheddar or American, fat-free	36,00	689,00
43405	Cheese, swiss, low sodium	36,00	961,00
43589	Cheese, swiss, low fat	36,00	961,00
19039	Snacks, popcorn, caramel-coated, without peanuts	35,00	43,00
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	35,00	36,00
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	35,00	36,00
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	35,00	36,00
20050	Rice, white, medium-grain, raw, enriched	35,00	9,00
20061	Rice flour, white, unenriched	35,00	10,00
20450	Rice, white, medium-grain, raw, unenriched	35,00	9,00
21138	Fast foods, potato, french fried in vegetable oil	35,00	18,00
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	35,00	38,00
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	35,00	61,00
25060	Snack, Pretzel, hard chocolate coated	35,00	141,00
28300	Cookies, oatmeal sandwich, with creme filling	35,00	0,00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	35,00	28,00
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	35,00	202,00
35237	Tamales, masa and pork filling (Hopi)	35,00	18,00
01182	USDA Commodity, cheese, cheddar, reduced fat	35,00	905,00
01209	Cheese, Mexican, blend, reduced fat	35,00	1 146,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03689	Babyfood, cereal, oatmeal, prepared with whole milk	35,00	220,00
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	35,00	289,00
05663	Ground turkey, fat free, pan-broiled crumbles	35,00	6,00
05664	Ground turkey, fat free, patties, broiled	35,00	6,00
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	35,00	409,00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	35,00	578,00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	35,00	38,00
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	35,00	39,00
09297	Raisins, golden seedless	35,00	53,00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	35,00	5,00
11370	Potatoes, hash brown, home-prepared	35,00	14,00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	35,00	6,00
15082	Fish, salmon, coho, wild, cooked, moist heat	35,00	46,00
15098	Fish, sheepshead, cooked, dry heat	35,00	37,00
15104	Fish, sturgeon, mixed species, raw	35,00	13,00
15111	Fish, swordfish, cooked, dry heat	35,00	6,00
15127	Fish, tuna, fresh, yellowfin, raw	35,00	4,00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	35,00	116,00
15269	Fish, cod, Pacific, cooked (not previously frozen)	35,00	17,00
15270	Crustaceans, shrimp, raw (not previously frozen)	35,00	64,00
16018	Beans, black turtle, mature seeds, canned	--	35,00
16103	Refried beans, canned, traditional style (includes USDA commodity)	35,00	29,00
16159	Tofu, extra firm, prepared with nigari	35,00	282,00
16316	Beans, black, mature seeds, canned, low sodium	--	35,00
16403	Refried beans, canned, traditional, reduced sodium	35,00	29,00
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	35,00	54,00
18037	Bread, oat bran	35,00	65,00
01032	Cheese, parmesan, grated	34,00	853,00
01133	Egg, whole, dried	34,00	244,00
01252	Cheese product, pasteurized process, American, vitamin D fortified	34,00	1 375,00
05627	Emu, full rump, cooked, broiled	34,00	7,00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	34,00	5,00
06118	Gravy, brown, dry	34,00	132,00
06122	Gravy, mushroom, dry, powder	34,00	230,00
06123	Gravy, onion, dry, mix	34,00	280,00
06124	Gravy, pork, dry, powder	34,00	139,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
07058	Pickle and pimiento loaf, pork	34,00	109,00
08106	Cereals, CREAM OF WHEAT, instant, dry	34,00	357,00
10861	Pork, cured, bacon, cooked, microwaved	34,00	13,00
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	34,00	28,00
11223	Drumstick leaves, cooked, boiled, drained, without salt	34,00	151,00
11485	Squash, winter, butternut, raw	34,00	48,00
11595	Winged beans, immature seeds, raw	34,00	84,00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	34,00	28,00
11786	Drumstick leaves, cooked, boiled, drained, with salt	34,00	151,00
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	34,00	399,00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	34,00	240,00
15123	Fish, tuna, fresh, skipjack, raw	34,00	29,00
15124	Fish, tuna, white, canned in oil, drained solids	34,00	4,00
15139	Crustaceans, crab, blue, raw	34,00	89,00
15164	Mollusks, mussel, blue, raw	34,00	26,00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	34,00	213,00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	34,00	4,00
15239	Fish, salmon, coho, farmed, cooked, dry heat	34,00	12,00
15262	Fish, tilapia, cooked, dry heat	34,00	14,00
15266	Fish, pollock, Alaska, raw (not previously frozen)	34,00	12,00
16009	Beans, baked, canned, with pork	34,00	53,00
16011	Beans, baked, canned, with pork and tomato sauce	34,00	56,00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	34,00	11,00
17176	Game meat, opossum, cooked, roasted	34,00	17,00
17424	Veal, ground, cooked, pan-fried	34,00	18,00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	34,00	21,00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	34,00	21,00
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	34,00	22,00
18038	Bread, oat bran, toasted	34,00	71,00
18251	Doughnuts, cake-type, chocolate, sugared or glazed	34,00	213,00
21061	Fast foods, burrito, with beans and cheese	34,00	124,00
21264	TACO BELL, Bean Burrito	34,00	124,00
28017	KASHI, TLC, Pita Crisps, Sea Salt	34,00	--
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	34,00	--
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	34,00	--
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	34,00	--

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	34,00	149,00
28347	Pancakes, gluten-free, frozen, ready-to-heat	34,00	39,00
28374	VAN'S, Gluten Free, Totally Original Pancakes	34,00	39,00
32000	Rice and vermicelli mix, beef flavor, unprepared	34,00	32,00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	34,00	145,00
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	34,00	935,00
36606	CRACKER BARREL, farm raised catfish platter	34,00	43,00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	33,00	47,00
21247	WENDY'S, french fries	33,00	16,00
21269	TACO BELL, Nachos Supreme	33,00	47,00
21421	KFC, Crispy Chicken Strips	33,00	25,00
22992	KASHI, Southwest Style Chicken, Frozen Entree	33,00	14,00
28027	FAMOUS AMOS, Chocolate Chip Cookies	33,00	--
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	33,00	--
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	33,00	--
28137	KEEBLER, TOASTEDS, Wheat Crackers	33,00	--
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	33,00	--
28320	English muffins, whole grain white	33,00	140,00
42258	Cheese product, pasteurized process, cheddar, reduced fat	33,00	529,00
42304	Cheese, mozzarella, nonfat	33,00	961,00
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	33,00	11,00
01040	Cheese, swiss	33,00	890,00
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	33,00	529,00
02054	Capers, canned	33,00	40,00
05170	Turkey, skin from whole (light and dark), roasted	33,00	21,00
05629	Emu, inside drums, cooked, broiled	33,00	6,00
06002	Soup, black bean, canned, condensed	33,00	35,00
06004	Soup, bean with pork, canned, condensed	33,00	60,00
08177	Cereals, MALT-O-MEAL, chocolate, dry	33,00	375,00
09259	Pears, dried, sulfured, uncooked	33,00	34,00
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	33,00	13,00
11304	Peas, green, raw	33,00	25,00
11518	Taro, raw	33,00	43,00
11953	Squash, zucchini, baby, raw	33,00	21,00
11973	Beans, fava, in pod, raw	33,00	37,00
12167	Nuts, chestnuts, european, roasted	33,00	29,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	33,00	6,00
15005	Fish, bluefish, raw	33,00	7,00
15051	Fish, mackerel, spanish, raw	33,00	11,00
15056	Fish, mullet, striped, cooked, dry heat	33,00	31,00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	33,00	17,00
15113	Fish, tilefish, cooked, dry heat	33,00	26,00
15126	Fish, tuna, white, canned in water, drained solids	33,00	14,00
15130	Fish, whitefish, mixed species, raw	33,00	26,00
15142	Crustaceans, crab, blue, crab cakes, home recipe	33,00	105,00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	33,00	60,00
15152	Crustaceans, shrimp, mixed species, canned	33,00	145,00
15175	Mollusks, squid, mixed species, raw	33,00	32,00
15186	Fish, tuna, white, canned in water, without salt, drained solids	33,00	14,00
15196	Fish, halibut, greenland, cooked, dry heat	33,00	4,00
15199	Fish, lingcod, cooked, dry heat	33,00	18,00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	33,00	51,00
15245	Mollusks, oyster, eastern, farmed, raw	33,00	44,00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	33,00	56,00
15247	Fish, salmon, coho, wild, cooked, dry heat	33,00	45,00
16044	Beans, pinto, mature seeds, canned, solids and liquids	33,00	47,00
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	33,00	47,00
17131	Veal, shoulder, blade chop, separable lean only, raw	33,00	23,00
17161	Game meat, buffalo, water, cooked, roasted	33,00	15,00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	33,00	5,00
17427	Veal, loin, chop, separable lean only, cooked, grilled	33,00	13,00
17428	Veal, shank, separable lean only, raw	33,00	11,00
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	33,00	24,00
18178	Cookies, oatmeal, commercially prepared, regular	33,00	37,00
18345	Rolls, dinner, oat bran	33,00	85,00
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	32,00	410,00
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	32,00	410,00
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	32,00	410,00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	32,00	11,00
05186	Turkey, all classes, light meat, cooked, roasted	32,00	9,00
05220	Turkey, breast, from whole bird, meat only, roasted	32,00	9,00
05228	Turkey, wing, from whole bird, meat only, roasted	32,00	9,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05363	Ruffed Grouse, breast meat, skinless, raw	32,00	5,00
05739	Turkey, drumstick, from whole bird, meat only, roasted	32,00	9,00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	32,00	6,00
06957	Gravy, brown instant, dry	32,00	116,00
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	32,00	441,00
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	32,00	57,00
09032	Apricots, dried, sulfured, uncooked	32,00	55,00
09278	Plantains, cooked	32,00	2,00
09298	Raisins, seedless	32,00	50,00
09428	Rowal, raw	32,00	15,00
11157	Chrysanthemum, garland, raw	32,00	117,00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	32,00	4,00
11270	Mustard greens, raw	32,00	115,00
11277	New Zealand spinach, cooked, boiled, drained, without salt	32,00	48,00
11482	Squash, winter, acorn, raw	32,00	33,00
11618	Eppaw, raw	32,00	110,00
11698	Chrysanthemum leaves, raw	32,00	117,00
11802	New zealand spinach, cooked, boiled, drained, with salt	32,00	48,00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	32,00	4,00
12097	Nuts, chestnuts, european, raw, unpeeled	32,00	27,00
12104	Nuts, coconut meat, raw	32,00	14,00
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	32,00	4,00
15006	Fish, burbot, raw	32,00	50,00
15015	Fish, cod, Atlantic, raw	32,00	16,00
15039	Fish, herring, Atlantic, raw	32,00	57,00
15043	Fish, herring, Pacific, raw	32,00	83,00
15049	Fish, mackerel, king, raw	32,00	31,00
15097	Fish, sheepshead, raw	32,00	21,00
15101	Fish, snapper, mixed species, raw	--	32,00
15160	Mollusks, clam, mixed species, canned, drained solids	32,00	65,00
15191	Fish, butterfish, cooked, dry heat	32,00	28,00
15212	Fish, salmon, pink, cooked, dry heat	32,00	8,00
15260	Fish, salmon, pink, canned, drained solids	32,00	283,00
16021	Beans, cranberry (roman), mature seeds, canned	32,00	34,00
16054	Broadbeans (fava beans), mature seeds, canned	32,00	26,00
16146	Beans, pinto, canned, drained solids	32,00	63,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	32,00	39,00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	32,00	7,00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	32,00	23,00
17160	Game meat, buffalo, water, raw	32,00	12,00
17435	Veal, shank, separable lean and fat, raw	32,00	12,00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	32,00	17,00
18029	Bread, french or vienna (includes sourdough)	32,00	52,00
18080	Bread sticks, plain	32,00	22,00
18101	Cake, chocolate, prepared from recipe without frosting	32,00	60,00
18156	Cookies, fudge, cake-type (includes trolley cakes)	32,00	34,00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	32,00	0,00
18183	Cookies, oatmeal, refrigerated dough, baked	32,00	35,00
18186	Cookies, peanut butter, commercially prepared, soft-type	32,00	12,00
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	32,00	94,00
18279	Muffins, corn, commercially prepared	32,00	74,00
18312	Pie, chocolate mousse, prepared from mix, no-bake type	32,00	77,00
20013	Bulgur, cooked	32,00	10,00
20022	Cornmeal, degermed, enriched, yellow	32,00	3,00
20065	Rye flour, light	32,00	13,00
20089	Wild rice, cooked	32,00	3,00
20322	Cornmeal, degermed, enriched, white	32,00	3,00
20422	Cornmeal, degermed, unenriched, yellow	32,00	3,00
20522	Cornmeal, degermed, unenriched, white	32,00	3,00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	32,00	89,00
21260	TACO BELL, Original Taco with beef, cheese and lettuce	32,00	89,00
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	32,00	95,00
22917	Burrito, beef and bean, frozen	32,00	34,00
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	32,00	22,00
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	32,00	--
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	32,00	--
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	32,00	--
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	32,00	241,00
28349	Cookies, oatmeal, reduced fat	32,00	0,00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	32,00	10,00
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	32,00	83,00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	32,00	174,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
36607	CRACKER BARREL, steak fries	32,00	19,00
43046	Candies, nougat, with almonds	--	32,00
43449	Beans, baked, canned, no salt added	32,00	50,00
43541	Ice creams, chocolate, rich	32,00	142,00
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	31,00	25,00
19164	Candies, SPECIAL DARK Chocolate Bar	31,00	30,00
20650	Sorghum flour, refined, unenriched	31,00	6,00
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	31,00	92,00
22918	Burrito, bean and cheese, frozen	31,00	52,00
22998	Rice and vermicelli mix, chicken flavor, unprepared	31,00	18,00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	31,00	4,00
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	31,00	--
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	31,00	--
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31,00	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	31,00	0,00
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	31,00	60,00
28346	Waffles, gluten-free, frozen, ready-to-heat	31,00	40,00
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	31,00	60,00
28375	VAN'S, Gluten Free, Totally Original Waffles	31,00	48,00
32020	Chicken, thighs, frozen, breaded, reheated	31,00	75,00
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	31,00	157,00
35141	Mutton, cooked, roasted (Navajo)	31,00	10,00
36007	T.G.I. FRIDAY'S, french fries	31,00	19,00
01108	Milk, indian buffalo, fluid	31,00	169,00
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	31,00	288,00
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	31,00	432,00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	31,00	16,00
05625	Emu, flat fillet, raw	31,00	3,00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	31,00	6,00
07913	Salami, pork, beef, less sodium	31,00	94,00
07972	Meatballs, frozen, Italian style	31,00	80,00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	31,00	22,00
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	31,00	385,00
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	31,00	10,00
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	31,00	367,00
09264	Persimmons, japanese, dried	31,00	25,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	31,00	11,00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	31,00	21,00
11568	Turnip greens, raw	31,00	190,00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	31,00	21,00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	31,00	2,00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	31,00	2,00
15022	Fish, cusk, raw	31,00	10,00
15031	Fish, grouper, mixed species, raw	31,00	27,00
15062	Fish, pike, northern, raw	31,00	57,00
15069	Fish, pompano, florida, cooked, dry heat	31,00	43,00
15081	Fish, salmon, coho, wild, raw	31,00	36,00
15087	Fish, salmon, sockeye, canned, drained solids	31,00	232,00
15093	Fish, seatrout, mixed species, raw	31,00	17,00
15115	Fish, trout, rainbow, wild, raw	31,00	67,00
15116	Fish, trout, rainbow, wild, cooked, dry heat	31,00	86,00
15119	Fish, tuna, light, canned in oil, drained solids	31,00	13,00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	31,00	13,00
15238	Fish, salmon, coho, farmed, raw	31,00	12,00
16003	Beans, adzuki, mature seeds, canned, sweetened	31,00	22,00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	31,00	13,00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	31,00	39,00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	31,00	6,00
17142	Veal, ground, raw	31,00	12,00
17181	Game meat, rabbit, wild, cooked, stewed	31,00	18,00
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	31,00	5,00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	31,00	5,00
18007	Bagels, oat bran	31,00	12,00
18030	Bread, french or vienna, toasted (includes sourdough)	31,00	47,00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	31,00	30,00
18151	Cookies, brownies, commercially prepared	31,00	29,00
18242	Croutons, plain	31,00	76,00
18272	Ice cream cones, sugar, rolled-type	31,00	44,00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	31,00	342,00
01018	Cheese, edam	30,00	731,00
01039	Cheese, roquefort	30,00	662,00
01045	Cheese food, cold pack, American	30,00	497,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03206	Babyfood, cookie, baby, fruit	30,00	83,00
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30,00	436,00
03994	Babyfood, fruit, banana and strawberry, junior	30,00	0,00
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	30,00	16,00
05166	Turkey, whole, meat and skin, cooked, roasted	30,00	14,00
05306	Ground turkey, cooked	30,00	28,00
05624	Emu, fan fillet, cooked, broiled	30,00	6,00
05631	Emu, oyster, raw	30,00	4,00
05632	Emu, top loin, cooked, broiled	30,00	9,00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	30,00	13,00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	30,00	14,00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	30,00	13,00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	30,00	13,00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	30,00	13,00
06049	Soup, pea, green, canned, condensed	30,00	21,00
06959	Gravy, instant turkey, dry	30,00	115,00
07973	Turkey bacon, microwaved	30,00	163,00
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	30,00	370,00
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	30,00	9,00
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	30,00	370,00
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	30,00	370,00
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	30,00	370,00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30,00	267,00
09299	Raisins, seeded	30,00	28,00
09422	Durian, raw or frozen	30,00	6,00
10860	Pork, cured, bacon, cooked, baked	30,00	10,00
11152	Chicory greens, raw	30,00	100,00
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	30,00	210,00
11356	Potatoes, Russet, flesh and skin, baked	30,00	18,00
11366	Potatoes, boiled, cooked in skin, skin, without salt	30,00	45,00
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	30,00	54,00
11519	Taro, cooked, without salt	30,00	18,00
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	30,00	61,00
11658	Spinach souffle	30,00	165,00
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	30,00	210,00
11832	Potatoes, boiled, cooked in skin, skin, with salt	30,00	45,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	30,00	54,00
11878	Taro, cooked, with salt	30,00	18,00
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	30,00	61,00
12098	Nuts, chestnuts, european, raw, peeled	30,00	19,00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	30,00	32,00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	30,00	6,00
15003	Fish, bass, fresh water, mixed species, raw	30,00	80,00
15023	Fish, mahimahi, raw	30,00	15,00
15024	Fish, drum, freshwater, raw	30,00	60,00
15053	Fish, milkfish, raw	30,00	51,00
15060	Fish, perch, mixed species, raw	30,00	80,00
15064	Fish, pike, walleye, raw	30,00	110,00
15080	Fish, salmon, chum, canned, drained solids with bone	30,00	249,00
15084	Fish, salmon, pink, canned, total can contents	30,00	215,00
15085	Fish, salmon, sockeye, raw	30,00	9,00
15094	Fish, shad, american, raw	30,00	47,00
15099	Fish, smelt, rainbow, raw	30,00	60,00
15107	Fish, sucker, white, raw	30,00	70,00
15108	Fish, sunfish, pumpkin seed, raw	30,00	80,00
15134	Fish, wolffish, Atlantic, raw	30,00	6,00
15135	Fish, yellowtail, mixed species, raw	30,00	23,00
15163	Mollusks, cuttlefish, mixed species, raw	30,00	90,00
15166	Mollusks, octopus, common, raw	30,00	53,00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	30,00	249,00
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	30,00	15,00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	--	30,00
15242	Crustaceans, crayfish, mixed species, farmed, raw	30,00	25,00
15253	Salmon, sockeye, canned, total can contents	30,00	198,00
16010	Beans, baked, canned, with pork and sweet sauce	30,00	39,00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	30,00	29,00
16145	Beans, kidney, red, mature seeds, canned, drained solids	30,00	57,00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	30,00	29,00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	30,00	64,00
16427	Tofu, raw, regular, prepared with calcium sulfate	30,00	350,00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	30,00	17,00
17100	Veal, leg (top round), separable lean only, cooked, braised	30,00	9,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17126	Veal, shoulder, arm, separable lean only, cooked, braised	--	30,00
17182	Game meat, raccoon, cooked, roasted	30,00	14,00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	30,00	6,00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	30,00	4,00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	30,00	4,00
18017	Biscuits, mixed grain, refrigerated dough	30,00	17,00
18179	Cookies, oatmeal, commercially prepared, soft-type	30,00	90,00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	30,00	24,00
18400	Crackers, matzo, egg and onion	30,00	36,00
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	30,00	28,00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	30,00	12,00
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	30,00	12,00
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	30,00	10,00
21143	CHICK-FIL-A, Chick-n-Strips	30,00	25,00
22954	Egg rolls, chicken, refrigerated, heated	30,00	47,00
22996	KASHI Three Cheese Penne, frozen, unprepared	30,00	89,00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	30,00	4,00
28032	GIRL SCOUTS, Samoas Cookies	30,00	--
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	30,00	--
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30,00	--
28288	Bread, roll, Mexican, bollilo	30,00	41,00
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	30,00	40,00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	30,00	0,00
36005	APPLEBEE'S, chicken tenders, from kids' menu	30,00	23,00
36023	APPLEBEE'S, chicken tenders platter	30,00	23,00
36027	DENNY'S, chicken strips	30,00	11,00
36049	ON THE BORDER, cheese enchilada	30,00	293,00
36056	Restaurant, Mexican, cheese tamales	30,00	111,00
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	30,00	142,00
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	30,00	123,00
42117	Imitation cheese, american or cheddar, low cholesterol	30,00	705,00
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	29,00	18,00
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	29,00	74,00
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	29,00	18,00
19047	Snacks, pretzels, hard, plain, salted	29,00	27,00
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	29,00	54,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19270	Ice creams, chocolate	29,00	109,00
19899	Ice creams, regular, low carbohydrate, chocolate	29,00	109,00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	29,00	176,00
21158	Fast foods, submarine sandwich, meatball marinara on white bread	29,00	176,00
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	29,00	20,00
22978	Chicken tenders, breaded, frozen, prepared	29,00	39,00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	29,00	6,00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	29,00	5,00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	29,00	5,00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	29,00	7,00
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	29,00	--
28067	KEEBLER, CLUB, Multigrain Crackers	29,00	--
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	29,00	--
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	29,00	--
28292	Crackers, multigrain	29,00	14,00
28309	Cookies, coconut macaroon	29,00	5,00
36002	APPLEBEE'S, french fries	29,00	19,00
36014	Restaurant, family style, french fries	29,00	17,00
36015	Restaurant, family style, chicken fingers, from kid's menu	29,00	21,00
36020	T.G.I. FRIDAY'S, chicken fingers	29,00	26,00
36034	Restaurant, family style, chicken tenders	29,00	18,00
36050	Restaurant, Mexican, cheese enchilada	29,00	314,00
36411	Restaurant, Latino, tamale, corn	29,00	24,00
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	29,00	12,00
43278	Cheese, american cheddar, imitation	29,00	562,00
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	29,00	252,00
01022	Cheese, gouda	29,00	700,00
01044	Cheese, pasteurized process, swiss	29,00	772,00
01048	Cheese spread, pasteurized process, American	29,00	562,00
01157	Cheese, goat, semisoft type	29,00	298,00
01229	Cheese, white, queso blanco	29,00	690,00
01238	Ice cream sandwich	29,00	86,00
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	29,00	63,00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	29,00	716,00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	29,00	16,00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	29,00	15,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05111	Canada Goose, breast meat, skinless, raw	29,00	4,00
05168	Turkey, whole, meat only, cooked, roasted	29,00	13,00
05622	Emu, ground, cooked, pan-broiled	29,00	8,00
05630	Emu, outside drum, raw	29,00	3,00
05652	Ostrich, oyster, cooked	29,00	6,00
05662	Ground turkey, fat free, raw	29,00	3,00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	29,00	31,00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	29,00	15,00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	29,00	15,00
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	29,00	12,00
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	--	29,00
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	29,00	5,00
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	29,00	357,00
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	29,00	286,00
09037	Avocados, raw, all commercial varieties	29,00	12,00
09038	Avocados, raw, California	29,00	13,00
09095	Figs, dried, stewed	29,00	70,00
09144	Jackfruit, raw	29,00	24,00
09231	Passion-fruit, (granadilla), purple, raw	29,00	12,00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	29,00	17,00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	29,00	6,00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	29,00	6,00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	29,00	9,00
11062	Beans, snap, green, frozen, all styles, microwaved	29,00	61,00
11163	Collards, frozen, chopped, unprepared	29,00	201,00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	29,00	3,00
11298	Parsnips, raw	29,00	36,00
11299	Parsnips, cooked, boiled, drained, without salt	29,00	37,00
11486	Squash, winter, butternut, cooked, baked, without salt	29,00	41,00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	29,00	3,00
11808	Parsnips, cooked, boiled, drained, with salt	29,00	37,00
11866	Squash, winter, butternut, cooked, baked, with salt	29,00	41,00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	29,00	3,00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	29,00	3,00
15008	Fish, carp, raw	29,00	41,00
15055	Fish, mullet, striped, raw	29,00	41,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
15076	Fish, salmon, Atlantic, wild, raw	29,00	12,00
15110	Fish, swordfish, raw	29,00	5,00
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	29,00	239,00
15213	Fish, scup, cooked, dry heat	29,00	51,00
16125	Soy sauce made from hydrolyzed vegetable protein	29,00	17,00
16137	Hummus, home prepared	29,00	49,00
16161	MORI-NU, Tofu, silken, soft	29,00	31,00
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	29,00	58,00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	29,00	16,00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	29,00	21,00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	29,00	26,00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	29,00	8,00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	29,00	28,00
17138	Veal, sirloin, separable lean only, cooked, braised	29,00	19,00
17151	Game meat, beaver, cooked, roasted	29,00	22,00
17180	Game meat, rabbit, wild, raw	29,00	12,00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	29,00	5,00
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	29,00	219,00
18160	Cookies, chocolate chip, commercially prepared, soft-type	29,00	17,00
18371	Leavening agents, baking powder, low-sodium	29,00	4 332,00
01035	Cheese, provolone	28,00	756,00
01047	Cheese food, pasteurized process, swiss	28,00	723,00
01165	Cheese, mexican, queso anejo	28,00	680,00
01208	Cheese, provolone, reduced fat	28,00	756,00
01237	Ice cream, bar or stick, chocolate covered	28,00	119,00
03215	Babyfood, pretzels	28,00	25,00
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28,00	294,00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	28,00	5,00
05159	Quail, breast, meat only, raw	28,00	10,00
05162	Squab, (pigeon), light meat without skin, raw	28,00	10,00
05176	Turkey, heart, all classes, cooked, simmered	28,00	21,00
05185	Turkey from whole, light meat, raw	28,00	11,00
05219	Turkey, breast, from whole bird, meat only, raw	28,00	11,00
05227	Turkey, wing, from whole bird, meat only, raw	28,00	11,00
05333	Chicken, ground, crumbles, cooked, pan-browned	28,00	8,00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	28,00	49,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28,00	25,00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	28,00	14,00
05738	Turkey, drumstick, from whole bird, meat only, raw	28,00	11,00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	28,00	5,00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	28,00	7,00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	28,00	378,00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	28,00	4,00
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	28,00	14,00
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	28,00	17,00
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	28,00	55,00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	28,00	19,00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	28,00	18,00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	28,00	31,00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	28,00	12,00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	28,00	10,00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	28,00	10,00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	28,00	11,00
11063	Beans, snap, green, microwaved	28,00	55,00
11114	Cabbage, savoy, raw	28,00	35,00
11145	Celtuce, raw	28,00	39,00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	28,00	3,00
11246	Leeks, (bulb and lower leaf-portion), raw	28,00	59,00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	28,00	59,00
11358	Potatoes, red, flesh and skin, baked	28,00	9,00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	28,00	13,00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	28,00	17,00
11674	Potatoes, baked, flesh and skin, without salt	28,00	15,00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	28,00	3,00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	28,00	59,00
11828	Potatoes, baked, flesh and skin, with salt	28,00	15,00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	28,00	11,00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	28,00	5,00
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	28,00	5,00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	28,00	12,00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	28,00	9,00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	28,00	23,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
15112	Fish, tilefish, raw	28,00	26,00
15211	Fish, salmon, chum, cooked, dry heat	28,00	14,00
15219	Fish, trout, mixed species, cooked, dry heat	28,00	55,00
15233	Fish, catfish, channel, wild, cooked, dry heat	28,00	11,00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	28,00	92,00
15268	Fish, cod, Pacific, raw (not previously frozen)	28,00	23,00
15274	Fish, trout, brook, raw, New York State	28,00	25,00
16008	Beans, baked, canned, with franks	28,00	48,00
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	28,00	20,00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	28,00	19,00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	28,00	15,00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	28,00	24,00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	28,00	6,00
17103	Veal, leg (top round), separable lean only, cooked, roasted	28,00	6,00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	28,00	37,00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	28,00	40,00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	28,00	29,00
17145	Game meat, antelope, cooked, roasted	28,00	4,00
17184	Game meat, squirrel, cooked, roasted	28,00	3,00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28,00	7,00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	28,00	5,00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	28,00	5,00
17341	Game meat, elk, round, separable lean only, cooked, broiled	28,00	5,00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	28,00	6,00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	28,00	6,00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	28,00	6,00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	28,00	10,00
18005	Bagels, cinnamon-raisin	28,00	19,00
18048	Bread, raisin, enriched, toasted	28,00	72,00
18182	Cookies, oatmeal, refrigerated dough	28,00	31,00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28,00	197,00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28,00	139,00
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	28,00	344,00
18927	Crackers, cheese, sandwich-type with cheese filling	28,00	89,00
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	28,00	734,00
18971	Bread, potato	28,00	188,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19007	Snacks, corn-based, extruded, onion-flavor	28,00	29,00
19162	Candies, WHATCHAMACALLIT Candy Bar	28,00	118,00
20116	Noodles, japanese, somen, dry	28,00	23,00
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	28,00	176,00
21266	TACO BELL, BURRITO SUPREME with chicken	28,00	94,00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	28,00	233,00
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	28,00	210,00
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	28,00	422,00
21401	Fast foods, chicken tenders	28,00	17,00
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	28,00	37,00
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	28,00	12,00
21422	KFC, Popcorn Chicken	28,00	32,00
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	28,00	20,00
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	28,00	23,00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	28,00	209,00
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	28,00	161,00
22904	Chili con carne with beans, canned entree	28,00	33,00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	28,00	5,00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	28,00	6,00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	28,00	6,00
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	28,00	6,00
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	28,00	6,00
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	28,00	6,00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	28,00	6,00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	28,00	12,00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	28,00	9,00
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	28,00	--
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	28,00	--
28351	Cookies, Marie biscuit	28,00	0,00
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	28,00	93,00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	28,00	27,00
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	28,00	7,00
36024	CRACKER BARREL, chicken tenderloin platter, fried	28,00	12,00
36608	CRACKER BARREL, grilled sirloin steak	28,00	7,00
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	28,00	222,00
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	28,00	333,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
42285	Babyfood, cereal, brown rice, dry, instant	28,00	55,00
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	27,00	119,00
18427	Crackers, standard snack-type, regular, low salt	27,00	120,00
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	27,00	106,00
19393	Frozen yogurts, chocolate, soft-serve	27,00	147,00
19436	Popcorn, sugar syrup/caramel, fat-free	27,00	18,00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	27,00	231,00
20046	Rice, white, long-grain, parboiled, enriched, dry	27,00	71,00
20446	Rice, white, long-grain, parboiled, unenriched, dry	27,00	71,00
21106	Fast foods, fish sandwich, with tartar sauce and cheese	27,00	120,00
21107	Fast foods, hamburger; single, regular patty; plain	27,00	62,00
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	27,00	155,00
21232	McDONALD'S, FILET-O-FISH	27,00	120,00
21249	BURGER KING, french fries	27,00	17,00
21256	BURGER KING, Chicken Strips	27,00	13,00
21267	TACO BELL, BURRITO SUPREME with steak	27,00	101,00
21270	TACO BELL, Taco Salad	27,00	95,00
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	27,00	224,00
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	27,00	201,00
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	27,00	34,00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	27,00	25,00
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	27,00	235,00
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	27,00	192,00
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	27,00	275,00
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	27,00	157,00
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	27,00	139,00
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	27,00	168,00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	27,00	5,00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	27,00	13,00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	27,00	5,00
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	27,00	22,00
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	27,00	5,00
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	27,00	5,00
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	27,00	6,00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	27,00	7,00
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	27,00	6,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	27,00	7,00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	27,00	7,00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	27,00	16,00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	27,00	22,00
28307	Bread, naan, plain, commercially prepared, refrigerated	27,00	84,00
35204	Chokecherries, raw, pitted (Northern Plains Indians)	27,00	60,00
36013	Restaurant, family style, sirloin steak	27,00	10,00
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	27,00	116,00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	27,00	89,00
36610	DENNY'S, french fries	27,00	14,00
42155	Cheese, monterey, low fat	27,00	705,00
42284	Babyfood, baked product, finger snacks cereal fortified	27,00	400,00
42303	Cheese, muenster, low fat	27,00	529,00
43595	Breakfast bar, corn flake crust with fruit	27,00	41,00
01009	Cheese, cheddar	27,00	710,00
01025	Cheese, monterey	27,00	746,00
01029	Cheese, mozzarella, low moisture, part-skim	27,00	697,00
01030	Cheese, muenster	27,00	717,00
01046	Cheese food, pasteurized process, American, vitamin D fortified	27,00	682,00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	27,00	290,00
01169	Cheese, low-sodium, cheddar or colby	27,00	703,00
01227	Cheese, dry white, queso seco	27,00	661,00
01254	Cheese food, pasteurized process, American, without added vitamin D	27,00	682,00
01259	Cheese spread, American or Cheddar cheese base, reduced fat	27,00	557,00
01260	Cheese, cheddar, reduced fat	27,00	761,00
01270	Cheese, cheddar, sharp, sliced	27,00	711,00
02055	Horseradish, prepared	27,00	56,00
05012	Chicken, broilers or fryers, meat only, cooked, fried	27,00	17,00
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	27,00	16,00
05039	Chicken, broilers or fryers, light meat, meat only, raw	27,00	12,00
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	27,00	15,00
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	27,00	14,00
05167	Turkey, whole, meat only, raw	27,00	11,00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	27,00	17,00
05188	Turkey, from whole, dark meat, cooked, roasted	27,00	17,00
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	27,00	21,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05216	Turkey, back, from whole bird, meat only, roasted	27,00	17,00
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	27,00	38,00
05354	USDA Commodity, turkey taco meat, frozen, cooked	27,00	69,00
05661	Chicken, liver, all classes, cooked, pan-fried	27,00	10,00
05705	Turkey, whole, meat only, with added solution, roasted	27,00	14,00
05707	Turkey, whole, meat and skin, with added solution, roasted	27,00	15,00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	27,00	15,00
05710	Turkey, retail parts, breast, meat only, raw	27,00	9,00
05741	Turkey, thigh, from whole bird, meat only, roasted	27,00	17,00
07940	Macaroni and cheese loaf, chicken, pork and beef	27,00	122,00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	27,00	5,00
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	27,00	418,00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	27,00	606,00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	27,00	9,00
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	27,00	2,00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	27,00	9,00
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	27,00	333,00
08314	Cereals, QUAKER, hominy grits, white, quick, dry	27,00	2,00
08316	Cereals, QUAKER, hominy grits, white, regular, dry	27,00	2,00
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	27,00	418,00
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	27,00	333,00
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	27,00	333,00
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	27,00	23,00
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	27,00	333,00
09040	Bananas, raw	27,00	5,00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	27,00	16,00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	27,00	5,00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	27,00	5,00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	27,00	5,00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	27,00	6,00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	27,00	5,00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	27,00	11,00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	27,00	13,00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	27,00	11,00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	27,00	6,00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	27,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	27,00	19,00
10998	Canadian bacon, cooked, pan-fried	27,00	7,00
11001	Alfalfa seeds, sprouted, raw	27,00	32,00
11009	Artichokes, (globe or french), frozen, unprepared	27,00	19,00
11097	Broccoli raab, cooked	27,00	118,00
11161	Collards, raw	27,00	232,00
11357	Potatoes, white, flesh and skin, baked	27,00	10,00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	27,00	20,00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	27,00	38,00
11574	Turnip greens, frozen, unprepared	27,00	118,00
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	27,00	11,00
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	27,00	11,00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	27,00	20,00
11875	Sweet potato, cooked, baked in skin, flesh, with salt	27,00	38,00
12127	Nuts, ginkgo nuts, raw	27,00	2,00
13345	Beef, cured, breakfast strips, cooked	27,00	9,00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	27,00	13,00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	27,00	13,00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	27,00	22,00
15011	Fish, catfish, channel, cooked, breaded and fried	27,00	44,00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	27,00	34,00
15068	Fish, pompano, florida, raw	27,00	22,00
15070	Fish, rockfish, Pacific, mixed species, raw	27,00	14,00
15083	Fish, salmon, pink, raw	27,00	7,00
15133	Fish, whiting, mixed species, cooked, dry heat	27,00	62,00
15145	Crustaceans, crayfish, mixed species, wild, raw	--	27,00
15184	Fish, tuna, light, canned in water, without salt, drained solids	27,00	11,00
15203	Fish, monkfish, cooked, dry heat	27,00	10,00
15236	Fish, salmon, Atlantic, farmed, raw	27,00	9,00
15261	Fish, tilapia, raw	27,00	10,00
16006	Beans, baked, canned, plain or vegetarian	27,00	34,00
16029	Beans, kidney, all types, mature seeds, canned	27,00	34,00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	27,00	35,00
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	27,00	111,00
16162	MORI-NU, Tofu, silken, firm	27,00	32,00
16163	MORI-NU, Tofu, silken, extra firm	27,00	31,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	27,00	35,00
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	27,00	6,00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	27,00	6,00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	27,00	7,00
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	27,00	12,00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	27,00	17,00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	27,00	26,00
17099	Veal, leg (top round), separable lean only, raw	27,00	5,00
17108	Veal, loin, separable lean only, cooked, braised	27,00	32,00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	27,00	35,00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	--	27,00
17135	Veal, sirloin, separable lean and fat, cooked, braised	27,00	17,00
17139	Veal, sirloin, separable lean only, cooked, roasted	27,00	14,00
17144	Game meat, antelope, raw	27,00	3,00
17159	Game meat, boar, wild, cooked, roasted	27,00	16,00
17163	Game meat, caribou, cooked, roasted	27,00	22,00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	27,00	18,00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	27,00	5,00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	27,00	5,00
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	27,00	42,00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	27,00	10,00
18033	Bread, italian	27,00	78,00
18164	Cookies, chocolate chip, refrigerated dough, baked	27,00	28,00
18170	Cookies, fig bars	27,00	64,00
18353	Rolls, hard (includes kaiser)	27,00	95,00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	27,00	5 876,00
01011	Cheese, colby	26,00	685,00
01042	Cheese, pasteurized process, American, fortified with vitamin D	26,00	1 045,00
01095	Milk, canned, condensed, sweetened	26,00	284,00
01137	Egg, yolk, dried	26,00	289,00
01166	Cheese, mexican, queso asadero	26,00	661,00
01253	Cheese, pasteurized process, American, without added vitamin D	26,00	1 045,00
03114	Babyfood, vegetable, butternut squash and corn	26,00	32,00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	26,00	13,00
05129	Chicken, stewing, light meat, meat only, raw	26,00	11,00
05178	Turkey, liver, all classes, cooked, simmered	26,00	19,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05326	Chicken breast tenders, breaded, cooked, microwaved	26,00	14,00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	26,00	25,00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	26,00	15,00
05628	Emu, inside drum, raw	26,00	4,00
05647	Ostrich, inside strip, cooked	26,00	5,00
05650	Ostrich, outside strip, cooked	26,00	5,00
07006	Bockwurst, pork, veal, raw	26,00	41,00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	26,00	11,00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	26,00	323,00
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	26,00	323,00
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	26,00	418,00
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	26,00	80,00
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	26,00	55,00
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	26,00	323,00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	26,00	19,00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	26,00	18,00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	26,00	23,00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	26,00	11,00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	26,00	13,00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	26,00	7,00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	26,00	7,00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	26,00	6,00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	26,00	27,00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	26,00	6,00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	26,00	8,00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	26,00	28,00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	26,00	5,00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	26,00	22,00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	26,00	7,00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	26,00	7,00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	26,00	7,00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	26,00	12,00
11165	Coriander (cilantro) leaves, raw	26,00	67,00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	26,00	3,00
11204	Cress, garden, cooked, boiled, drained, without salt	26,00	61,00
11301	Peas, edible-podded, boiled, drained, without salt	26,00	42,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11312	Peas, green, frozen, unprepared	26,00	22,00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	--	26,00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	26,00	152,00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	26,00	3,00
11781	Cress, garden, cooked, boiled, drained, with salt	26,00	61,00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	26,00	42,00
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	26,00	12,00
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	--	26,00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	26,00	152,00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	26,00	4,00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	26,00	4,00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	26,00	24,00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	26,00	20,00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	26,00	17,00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	26,00	4,00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	26,00	4,00
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	26,00	21,00
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	26,00	12,00
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	26,00	6,00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	26,00	6,00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	26,00	6,00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	26,00	6,00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	26,00	9,00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	26,00	8,00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	26,00	12,00
15026	Fish, eel, mixed species, cooked, dry heat	--	26,00
15034	Fish, haddock, cooked, dry heat	26,00	14,00
15038	Fish, halibut, Greenland, raw	26,00	3,00
15045	Fish, lingcod, raw	26,00	14,00
15207	Fish, roe, mixed species, cooked, dry heat	26,00	28,00
16130	Okara	26,00	80,00
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	26,00	45,00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	26,00	10,00
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	26,00	15,00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	26,00	8,00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	26,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	26,00	21,00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	26,00	25,00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	26,00	18,00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	26,00	16,00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	26,00	28,00
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	26,00	24,00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	26,00	9,00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	26,00	22,00
17094	Veal, leg (top round), separable lean and fat, raw	26,00	5,00
17109	Veal, loin, separable lean only, cooked, roasted	26,00	21,00
17114	Veal, rib, separable lean only, cooked, braised	26,00	24,00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	--	26,00
17125	Veal, shoulder, arm, separable lean only, raw	26,00	22,00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	26,00	38,00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	26,00	13,00
17137	Veal, sirloin, separable lean only, raw	26,00	11,00
17157	Game meat, bison, separable lean only, cooked, roasted	26,00	8,00
17162	Game meat, caribou, raw	26,00	17,00
17175	Game meat, muskrat, cooked, roasted	26,00	36,00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	26,00	25,00
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	26,00	13,00
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	26,00	13,00
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	26,00	21,00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	26,00	11,00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	26,00	7,00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	26,00	7,00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	26,00	4,00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	26,00	4,00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	26,00	4,00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	26,00	4,00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	26,00	4,00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	26,00	2,00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	26,00	2,00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	26,00	10,00
18041	Bread, pita, white, enriched	26,00	86,00
18047	Bread, raisin, enriched	26,00	66,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18070	Bread, white, commercially prepared, toasted	26,00	119,00
18199	Cookies, chocolate sandwich, with creme filling, special dietary	26,00	98,00
18271	Ice cream cones, cake or wafer-type	26,00	25,00
18325	Pie, pecan, prepared from recipe	26,00	32,00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	26,00	178,00
18413	Bread, pita, white, unenriched	26,00	86,00
18414	Bread, raisin, unenriched	26,00	66,00
18432	Bread, white, commercially prepared, toasted, low sodium no salt	26,00	119,00
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	26,00	39,00
18457	Crackers, saltines, fat-free, low-sodium	26,00	22,00
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	26,00	39,00
18967	Bread, white wheat	26,00	684,00
21083	Fast foods, taco salad	26,00	97,00
21089	Fast foods, cheeseburger; single, regular patty; plain	26,00	119,00
21225	Pizza, cheese topping, rising crust, frozen, cooked	26,00	177,00
21398	Fast foods, cheeseburger; single, large patty; with condiments	26,00	179,00
21417	POPEYES, Mild Chicken Strips, analyzed 2006	26,00	12,00
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	26,00	38,00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	26,00	45,00
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	26,00	226,00
21610	School Lunch, chicken patty, whole grain breaded	26,00	34,00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	26,00	5,00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	26,00	5,00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26,00	5,00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26,00	5,00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	26,00	5,00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	26,00	5,00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	26,00	5,00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	26,00	11,00
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	26,00	12,00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	26,00	11,00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	26,00	13,00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	26,00	6,00
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	26,00	8,00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	26,00	6,00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	26,00	22,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	26,00	22,00
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	26,00	22,00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26,00	8,00
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	26,00	21,00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	26,00	17,00
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	26,00	22,00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	26,00	5,00
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	26,00	5,00
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	26,00	5,00
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	26,00	5,00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	26,00	5,00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	26,00	6,00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	26,00	7,00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	26,00	7,00
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	26,00	7,00
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	26,00	6,00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	26,00	7,00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	26,00	6,00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	26,00	5,00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	26,00	12,00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	26,00	12,00
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	26,00	184,00
28205	MOTHER'S, Macaroon Cookies	26,00	--
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	26,00	114,00
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	26,00	47,00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	26,00	52,00
35202	Raspberries, wild (Northern Plains Indians)	26,00	36,00
36030	DENNY'S, hash browns	26,00	17,00
36039	Restaurant, family style, hash browns	26,00	17,00
36059	Restaurant, Italian, chicken parmesan without pasta	26,00	106,00
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	26,00	37,00
36412	Restaurant, Latino, tamale, pork	26,00	75,00
36612	DENNY'S, golden fried shrimp	26,00	47,00
43287	Dove, cooked (includes squab)	26,00	17,00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	26,00	25,00
43546	Babyfood, banana no tapioca, strained	26,00	4,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
43597	Cheese, mozzarella, low sodium	26,00	731,00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	25,00	119,00
18447	Popovers, dry mix, unenriched	25,00	32,00
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	25,00	30,00
18935	Waffle, plain, frozen, ready-to-heat, microwave	25,00	197,00
18961	Crackers, cream, GAMESA SABROSAS	25,00	26,00
19144	Candies, NESTLE, 100 GRAND Bar	25,00	76,00
19866	Candies, soft fruit and nut squares	25,00	17,00
20044	Rice, white, long-grain, regular, raw, enriched	25,00	28,00
20083	Wheat flour, white, bread, enriched	25,00	15,00
20129	Wheat flours, bread, unenriched	25,00	15,00
20444	Rice, white, long-grain, regular, raw, unenriched	25,00	28,00
21063	Fast foods, burrito, with beans and beef	25,00	90,00
21105	Fast foods, fish sandwich, with tartar sauce	25,00	37,00
21144	CHICK-FIL-A, hash browns	25,00	22,00
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	25,00	152,00
21250	BURGER KING, Hamburger	25,00	76,00
21258	BURGER KING, Premium Fish Sandwich	25,00	37,00
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	25,00	127,00
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	25,00	30,00
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	25,00	33,00
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	25,00	16,00
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	25,00	23,00
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	25,00	213,00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	25,00	216,00
21488	Fast foods, quesadilla, with chicken	25,00	269,00
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	25,00	196,00
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	25,00	236,00
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	25,00	234,00
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	25,00	137,00
22902	Pizza, meat topping, thick crust, frozen, cooked	25,00	150,00
22969	Chili with beans, microwavable bowls	25,00	34,00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	25,00	47,00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	25,00	12,00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	25,00	5,00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	25,00	5,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	25,00	5,00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	25,00	4,00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	25,00	5,00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	25,00	5,00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	25,00	5,00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	25,00	19,00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	25,00	17,00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	25,00	13,00
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	25,00	13,00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	25,00	11,00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	25,00	7,00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	25,00	11,00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	25,00	13,00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	25,00	8,00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	25,00	22,00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	25,00	22,00
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	25,00	22,00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	25,00	8,00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	25,00	7,00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	25,00	7,00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	25,00	8,00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	25,00	10,00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	25,00	5,00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	25,00	17,00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	25,00	17,00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	25,00	5,00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	25,00	17,00
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	25,00	17,00
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	25,00	17,00
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	25,00	5,00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	25,00	5,00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	25,00	5,00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	25,00	7,00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	25,00	7,00
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	25,00	7,00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	25,00	12,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	25,00	22,00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	25,00	21,00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	25,00	21,00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	25,00	21,00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	25,00	20,00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	25,00	19,00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	25,00	19,00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	25,00	20,00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	25,00	19,00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	25,00	20,00
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	25,00	20,00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	25,00	17,00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	25,00	16,00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	25,00	22,00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	25,00	22,00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	25,00	19,00
28035	GIRL SCOUTS, Thin Mints Cookies	25,00	--
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	25,00	--
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	25,00	--
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	25,00	--
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	25,00	--
28294	Cookie, chocolate, with icing or coating	25,00	15,00
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	25,00	0,00
28328	Cookies, chocolate chip sandwich, with creme filling	25,00	0,00
28331	Crackers, flavored, fish-shaped	25,00	83,00
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	25,00	59,00
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	25,00	59,00
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	25,00	8,00
36029	DENNY'S, fish fillet, battered or breaded, fried	25,00	14,00
36058	OLIVE GARDEN, chicken parmigiana without pasta	25,00	95,00
42186	Frozen yogurts, chocolate	25,00	100,00
42279	Babyfood, peas and brown rice	25,00	14,00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	25,00	24,00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	25,00	26,00
01251	Cheese, Mexican blend	25,00	659,00
03163	Babyfood, fruit, bananas with apples and pears, strained	25,00	5,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03694	Babyfood, cereal, rice, prepared with whole milk	25,00	168,00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	25,00	13,00
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	25,00	17,00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	25,00	17,00
05011	Chicken, broilers or fryers, meat only, raw	25,00	12,00
05013	Chicken, broilers or fryers, meat only, roasted	25,00	15,00
05021	Chicken, broilers or fryers, giblets, cooked, fried	25,00	18,00
05028	Chicken, liver, all classes, cooked, simmered	25,00	11,00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	25,00	15,00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	25,00	18,00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	25,00	26,00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	25,00	11,00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	25,00	13,00
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	25,00	14,00
05117	Chicken, roasting, light meat, meat only, raw	25,00	11,00
05149	Goose, domesticated, meat only, cooked, roasted	25,00	14,00
05158	Quail, meat only, raw	25,00	13,00
05161	Squab, (pigeon), meat only, raw	25,00	13,00
05165	Turkey, whole, meat and skin, raw	25,00	11,00
05172	Turkey, whole, giblets, cooked, simmered	25,00	18,00
05181	Turkey from whole, light meat, meat and skin, raw	25,00	11,00
05187	Turkey from whole, dark meat, meat only, raw	25,00	11,00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	25,00	24,00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	25,00	22,00
05215	Turkey, back from whole bird, meat only, raw	25,00	11,00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	25,00	5,00
05323	Chicken patty, frozen, uncooked	25,00	20,00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	25,00	13,00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	25,00	21,00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	25,00	16,00
05645	Ostrich, inside leg, cooked	25,00	6,00
05656	Ostrich, tip trimmed, cooked	25,00	6,00
05658	Ostrich, top loin, cooked	25,00	6,00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	25,00	29,00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	25,00	48,00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	25,00	12,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05696	Turkey from whole, light meat, meat only, with added solution, raw	25,00	14,00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	25,00	17,00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	25,00	8,00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	25,00	14,00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	25,00	14,00
05740	Turkey, thigh, from whole bird, meat only, raw	25,00	11,00
06142	Sauce, sofrito, prepared from recipe	25,00	20,00
06217	Soup, vegetable, canned, low sodium, condensed	25,00	20,00
06583	Soup, ramen noodle, any flavor, dry	25,00	21,00
06982	Soup, ramen noodle, beef flavor, dry	25,00	21,00
06983	Soup, ramen noodle, chicken flavor, dry	25,00	22,00
07927	Sausage, Italian, turkey, smoked	25,00	21,00
07929	Sausage, turkey, hot, smoked	25,00	21,00
07957	Pork and turkey sausage, pre-cooked	25,00	74,00
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	25,00	313,00
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	25,00	313,00
08156	Cereals ready-to-eat, rice, puffed, fortified	25,00	6,00
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	25,00	9,00
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	25,00	24,00
09059	Breadfruit, raw	25,00	17,00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	25,00	6,00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	25,00	7,00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	25,00	16,00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	25,00	19,00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	25,00	24,00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	25,00	24,00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	25,00	26,00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	25,00	15,00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	25,00	12,00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	25,00	65,00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	25,00	7,00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	25,00	18,00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	25,00	10,00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	25,00	12,00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	25,00	9,00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	25,00	11,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	25,00	11,00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	25,00	15,00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	25,00	14,00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	25,00	5,00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	25,00	5,00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	25,00	5,00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	25,00	5,00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	25,00	20,00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	25,00	7,00
11052	Beans, snap, green, raw	25,00	37,00
11182	Corn, yellow, whole kernel, frozen, microwaved	25,00	5,00
11184	Corn with red and green peppers, canned, solids and liquids	25,00	5,00
11215	Garlic, raw	25,00	181,00
11228	Jew's ear, (pepeao), raw	25,00	16,00
11363	Potatoes, baked, flesh, without salt	25,00	5,00
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	25,00	5,00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	25,00	12,00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	25,00	37,00
11507	Sweet potato, raw, unprepared	25,00	30,00
11670	Peppers, hot chili, green, raw	25,00	18,00
11697	Arrowroot, raw	25,00	6,00
11722	Beans, snap, yellow, raw	25,00	37,00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	25,00	46,00
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	25,00	46,00
11740	Broccoli, flower clusters, raw	25,00	48,00
11741	Broccoli, stalks, raw	25,00	48,00
11829	Potatoes, baked, flesh, with salt	25,00	5,00
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	25,00	5,00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	25,00	37,00
12119	Nuts, coconut water (liquid from coconuts)	25,00	24,00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	25,00	16,00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	25,00	8,00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	25,00	8,00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	25,00	8,00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	25,00	19,00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	25,00	4,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	25,00	4,00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	25,00	4,00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	25,00	22,00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	25,00	6,00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	25,00	6,00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	25,00	6,00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	25,00	12,00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	25,00	12,00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	25,00	6,00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	25,00	4,00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	25,00	12,00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	25,00	10,00
15007	Fish, butterfish, raw	25,00	22,00
15027	Fish, fish sticks, frozen, prepared	25,00	16,00
15240	Fish, trout, rainbow, farmed, raw	--	25,00
16007	Beans, baked, canned, with beef	25,00	45,00
16120	Soymilk, original and vanilla, unfortified	--	25,00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	25,00	9,00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	25,00	10,00
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	25,00	8,00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	25,00	12,00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	25,00	19,00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	25,00	12,00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	25,00	21,00
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	25,00	15,00
17106	Veal, loin, separable lean and fat, cooked, roasted	25,00	19,00
17111	Veal, rib, separable lean and fat, cooked, braised	25,00	22,00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	25,00	27,00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	25,00	27,00
17122	Veal, shoulder, arm, separable lean and fat, raw	25,00	21,00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	25,00	17,00
17150	Game meat, beaver, raw	25,00	15,00
17156	Game meat, bison, separable lean only, raw	25,00	6,00
17171	Game meat, horse, cooked, roasted	25,00	8,00
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	25,00	7,00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	25,00	9,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	25,00	20,00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	25,00	27,00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	25,00	23,00
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	25,00	33,00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	25,00	34,00
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	25,00	9,00
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	25,00	8,00
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	25,00	13,00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	25,00	14,00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	25,00	9,00
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	25,00	14,00
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	25,00	9,00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	25,00	21,00
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	25,00	27,00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	25,00	4,00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	25,00	6,00
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	25,00	10,00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	25,00	4,00
18003	Bagels, egg	25,00	13,00
18010	Biscuits, plain or buttermilk, dry mix	25,00	179,00
18011	Biscuits, plain or buttermilk, dry mix, prepared	25,00	185,00
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	25,00	249,00
18214	Crackers, cheese, regular	25,00	136,00
18217	Crackers, matzo, plain	25,00	13,00
18339	Popovers, dry mix, enriched	25,00	32,00
18344	Rolls, dinner, egg	25,00	59,00
01005	Cheese, brick	24,00	674,00
01034	Cheese, port de salut	24,00	650,00
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	24,00	261,00
01153	Milk, canned, evaporated, with added vitamin A	24,00	261,00
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	24,00	261,00
01228	Cheese, fresh, queso fresco	24,00	566,00
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	24,00	267,00
03077	Babyfood, dinner, pasta with vegetables	24,00	14,00
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	24,00	17,00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	24,00	20,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	24,00	13,00
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	24,00	12,00
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	24,00	13,00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	24,00	12,00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	24,00	9,00
05125	Chicken, stewing, meat only, raw	24,00	10,00
05136	Chicken, capons, meat and skin, cooked, roasted	24,00	14,00
05143	Duck, domesticated, liver, raw	24,00	11,00
05148	Goose, domesticated, meat only, raw	24,00	13,00
05150	Goose, liver, raw	24,00	43,00
05152	Guinea hen, meat only, raw	24,00	11,00
05177	Turkey, liver, all classes, raw	24,00	20,00
05191	Turkey, all classes, breast, meat and skin, raw	24,00	13,00
05324	Chicken patty, frozen, cooked	24,00	19,00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	24,00	32,00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	24,00	21,00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	24,00	32,00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	24,00	29,00
05621	Emu, ground, raw	24,00	7,00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	24,00	12,00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	24,00	10,00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	24,00	16,00
05704	Turkey, whole, meat only, with added solution, raw	24,00	14,00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	24,00	6,00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	24,00	17,00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	24,00	16,00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	24,00	16,00
05732	Turkey, retail parts, breast, meat and skin, raw	24,00	9,00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	24,00	14,00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	24,00	16,00
06175	Sauce, hoisin, ready-to-serve	24,00	32,00
07912	Roast beef spread	24,00	23,00
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	24,00	61,00
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	24,00	303,00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	24,00	7,00
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	24,00	313,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	24,00	303,00
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	24,00	5,00
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	24,00	20,00
09039	Avocados, raw, Florida	24,00	10,00
09083	Currants, european black, raw	24,00	55,00
09427	Abiyuch, raw	24,00	8,00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	24,00	13,00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	24,00	14,00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	24,00	28,00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	24,00	12,00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	24,00	25,00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	24,00	33,00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	24,00	47,00
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	24,00	7,00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	24,00	51,00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	24,00	20,00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	24,00	11,00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	24,00	6,00
10220	Pork, fresh, ground, cooked	24,00	22,00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	24,00	7,00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	24,00	20,00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	24,00	8,00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	24,00	7,00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	24,00	6,00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	24,00	11,00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	24,00	61,00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	24,00	8,00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	24,00	8,00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	24,00	13,00
11115	Cabbage, savoy, cooked, boiled, drained, without salt	24,00	30,00
11208	Dandelion greens, cooked, boiled, drained, without salt	24,00	140,00
11300	Peas, edible-podded, raw	24,00	43,00
11349	Poi	24,00	16,00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	24,00	12,00
11416	Pumpkin flowers, raw	24,00	39,00
11501	Succotash, (corn and limas), frozen, unprepared	24,00	16,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11514	Sweet potato, canned, mashed	24,00	30,00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	24,00	128,00
11583	Vegetables, mixed, frozen, unprepared	24,00	25,00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	24,00	27,00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	24,00	49,00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	24,00	49,00
11753	Cabbage, savoy, cooked, boiled, drained, with salt	24,00	30,00
11782	Dandelion greens, cooked, boiled, drained, with salt	24,00	140,00
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	24,00	27,00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	24,00	128,00
11991	Yautia (tannier), raw	24,00	9,00
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	24,00	6,00
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	24,00	19,00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	24,00	5,00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	24,00	5,00
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	24,00	5,00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	24,00	18,00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	24,00	14,00
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	24,00	13,00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	24,00	13,00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	24,00	13,00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	24,00	14,00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	24,00	21,00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	24,00	5,00
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	24,00	17,00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	24,00	5,00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	24,00	25,00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	24,00	3,00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	24,00	9,00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	24,00	22,00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	24,00	22,00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	24,00	7,00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	24,00	7,00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	24,00	11,00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	24,00	160,00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	24,00	10,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
15264	Salmon, sockeye, canned, drained solids, without skin and bones	24,00	37,00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	24,00	60,00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	24,00	43,00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	24,00	11,00
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	24,00	8,00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	24,00	20,00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	24,00	25,00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	24,00	15,00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	24,00	27,00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	24,00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	24,00	16,00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	24,00	11,00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	24,00	22,00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	24,00	15,00
17105	Veal, loin, separable lean and fat, cooked, braised	24,00	28,00
17115	Veal, rib, separable lean only, cooked, roasted	24,00	12,00
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	24,00	22,00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	24,00	28,00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	24,00	28,00
17134	Veal, sirloin, separable lean and fat, raw	24,00	11,00
17143	Veal, ground, cooked, broiled	24,00	17,00
17165	Game meat, deer, cooked, roasted	24,00	7,00
17167	Game meat, elk, cooked, roasted	24,00	5,00
17170	Game meat, horse, raw	24,00	6,00
17173	Game meat, moose, cooked, roasted	24,00	6,00
17183	Game meat, squirrel, raw	24,00	2,00
17192	Lamb, variety meats and by-products, heart, cooked, braised	24,00	14,00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	24,00	29,00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	24,00	18,00
17219	Veal, variety meats and by-products, thymus, cooked, braised	24,00	4,00
17225	Lamb, ground, cooked, broiled	24,00	22,00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	24,00	16,00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	24,00	8,00
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	24,00	10,00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	24,00	18,00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	24,00	18,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	24,00	27,00
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	24,00
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	24,00	5,00
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	24,00	6,00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	24,00	4,00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	24,00	16,00
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	24,00	15,00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	24,00	11,00
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	24,00	5,00
17339	Game meat, elk, ground, cooked, pan-broiled	24,00	10,00
17344	Game meat, deer, ground, cooked, pan-broiled	24,00	14,00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	24,00	4,00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	24,00	4,00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	24,00	8,00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	24,00	7,00
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	24,00	11,00
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	24,00	4,00
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	24,00	4,00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	24,00	2,00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	24,00	2,00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	24,00	4,00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	24,00	2,00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24,00	15,00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	24,00	57,00
18051	Bread, reduced-calorie, oatmeal	24,00	115,00
18163	Cookies, chocolate chip, refrigerated dough	24,00	14,00
18218	Crackers, matzo, egg	24,00	40,00
18236	Cracker meal	24,00	23,00
18241	Croissants, cheese	24,00	53,00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	24,00	163,00
18270	Hush puppies, prepared from recipe	24,00	278,00
18403	Waffles, plain, frozen, ready -to-heat, toasted	24,00	307,00
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	24,00	57,00
18416	Bread, white, commercially prepared, low sodium, no salt	24,00	108,00
18955	Bread, pan dulce, sweet yeast bread	24,00	86,00
18974	KASHI, TLC, Honey Sesame Crackers	24,00	126,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19104	Candies, fudge, vanilla with nuts	24,00	47,00
20096	Pasta, fresh-refrigerated, spinach, cooked	24,00	18,00
20112	Noodles, egg, spinach, enriched, cooked	24,00	19,00
21096	Fast foods, cheeseburger; single, large patty; plain	24,00	114,00
21102	Fast foods, chicken fillet sandwich, plain with pickles	24,00	58,00
21202	Fast foods, hamburger, large, single patty, with condiments	24,00	87,00
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	24,00	11,00
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	24,00	23,00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	24,00	25,00
21251	BURGER KING, Cheeseburger	24,00	93,00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	24,00	122,00
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	24,00	278,00
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	24,00	167,00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	24,00	166,00
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	24,00	292,00
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	24,00	141,00
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	24,00	149,00
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	24,00	166,00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	24,00	167,00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	24,00	209,00
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	24,00	284,00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	24,00	166,00
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	24,00	188,00
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	24,00	288,00
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	24,00	153,00
21309	McDONALD'S, Chicken McNUGGETS	24,00	11,00
21313	McDONALD'S, Hot Mustard Sauce	24,00	32,00
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	24,00	103,00
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	24,00	77,00
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	24,00	27,00
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	24,00	34,00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	24,00	16,00
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	24,00	40,00
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	24,00	67,00
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	24,00	144,00
21487	Fast foods, taco with chicken, lettuce and cheese, soft	24,00	122,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	24,00	154,00
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	24,00	193,00
21505	Pizza, cheese topping, thin crust, frozen, cooked	24,00	228,00
21526	CHICK-FIL-A, chicken sandwich	24,00	58,00
21611	School Lunch, chicken nuggets, whole grain breaded	24,00	32,00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	24,00	5,00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	24,00	4,00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	24,00	5,00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	24,00	6,00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	24,00	5,00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	24,00	5,00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	24,00	5,00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	24,00	5,00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	24,00	5,00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	24,00	4,00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	24,00	5,00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	24,00	5,00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	24,00	5,00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	24,00	16,00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	24,00	11,00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	24,00	11,00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	24,00	12,00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	24,00	11,00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	24,00	13,00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	24,00	11,00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	24,00	11,00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	24,00	8,00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	24,00	8,00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	24,00	7,00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	24,00	7,00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	24,00	7,00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	24,00	7,00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	24,00	8,00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	24,00	8,00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	24,00	5,00
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	24,00	5,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	24,00	6,00
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	24,00	6,00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	24,00	6,00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	24,00	6,00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	24,00	7,00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	24,00	6,00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	24,00	6,00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	24,00	13,00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	24,00	4,00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	24,00	6,00
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	24,00	4,00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	24,00	158,00
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	24,00	4,00
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	24,00	4,00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	24,00	11,00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	24,00	7,00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	24,00	9,00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	24,00	7,00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	24,00	7,00
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	24,00	7,00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	24,00	12,00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	24,00	11,00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	24,00	11,00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	24,00	7,00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	24,00	9,00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	24,00	23,00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	24,00	20,00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	24,00	25,00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	24,00	19,00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	24,00	16,00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	24,00	29,00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	24,00	16,00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	24,00	21,00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	24,00	20,00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	24,00	20,00
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	24,00	--

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	24,00	--
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	24,00	--
28230	MURRAY, SUGAR FREE, Shortbread Bites	24,00	--
28348	Rolls, dinner, sweet	24,00	62,00
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	24,00	101,00
32006	Taquitos, frozen, chicken and cheese, oven-heated	24,00	104,00
32007	Taquitos, frozen, beef and cheese, oven-heated	24,00	97,00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	24,00	5,00
36000	APPLEBEE'S, 9 oz house sirloin steak	24,00	16,00
36043	CARRABBA'S ITALIAN GRILL, lasagne	24,00	185,00
36051	ON THE BORDER, cheese quesadilla	24,00	432,00
36052	Restaurant, Mexican, cheese quesadilla	24,00	430,00
36615	DENNY'S, top sirloin steak	24,00	6,00
36619	Restaurant, Chinese, kung pao chicken	24,00	20,00
43275	Cheese, pasteurized process, American, low fat	24,00	684,00
43379	Cheese, pasteurized process, swiss, low fat	24,00	684,00
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	23,00	192,00
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	23,00	29,00
18963	Garlic bread, frozen	23,00	27,00
20052	Rice, white, short-grain, enriched, uncooked	23,00	3,00
20054	Rice, white, glutinous, unenriched, uncooked	23,00	11,00
20452	Rice, white, short-grain, raw, unenriched	23,00	3,00
21064	Fast foods, burrito, with beans, cheese, and beef	23,00	90,00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	23,00	123,00
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	23,00	137,00
21121	Fast foods, roast beef sandwich, plain	23,00	55,00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	23,00	142,00
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	23,00	142,00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	23,00	169,00
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	23,00	169,00
21224	Pizza, cheese topping, regular crust, frozen, cooked	23,00	179,00
21259	BURGER KING, Original Chicken Sandwich	23,00	46,00
21265	TACO BELL, BURRITO SUPREME with beef	23,00	90,00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	23,00	155,00
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	23,00	129,00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	23,00	152,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	23,00	104,00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	23,00	179,00
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	23,00	148,00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	23,00	120,00
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	23,00	128,00
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	23,00	16,00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	23,00	40,00
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	23,00	16,00
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	23,00	29,00
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	23,00	143,00
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	23,00	62,00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	23,00	150,00
21506	BURGER KING, Double Cheeseburger	23,00	120,00
21527	ARBY'S, roast beef sandwich, classic	23,00	55,00
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	23,00	168,00
22955	Egg rolls, vegetable, frozen, prepared	23,00	50,00
22963	Lean Pockets, Meatballs & Mozzarella	23,00	196,00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	23,00	5,00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	23,00	6,00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	23,00	6,00
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	23,00	5,00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	23,00	6,00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	23,00	15,00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	23,00	15,00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	23,00	15,00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	23,00	15,00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	23,00	16,00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	23,00	15,00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	23,00	13,00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	23,00	12,00
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	23,00	16,00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	23,00	6,00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	23,00	5,00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	23,00	7,00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	23,00	6,00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	23,00	5,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	23,00	10,00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	23,00	7,00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	23,00	7,00
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	23,00	12,00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	23,00	12,00
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	23,00	24,00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	23,00	13,00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	23,00	5,00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	23,00	5,00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	23,00	12,00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	23,00	8,00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	23,00	8,00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	23,00	7,00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	23,00	8,00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	23,00	15,00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	23,00	28,00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	23,00	22,00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	23,00	22,00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	23,00	22,00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	23,00	7,00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	23,00	16,00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	23,00	24,00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	23,00	24,00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	23,00	16,00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	23,00	16,00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	23,00	7,00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	23,00	25,00
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	23,00	15,00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	23,00	15,00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	23,00	15,00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	23,00	7,00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	23,00	28,00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	23,00	28,00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	23,00	28,00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	23,00	18,00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	23,00	17,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	23,00	22,00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	23,00	18,00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	23,00	20,00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	23,00	18,00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	23,00	24,00
25043	Snacks, candy bits, yogurt covered with vitamin C	23,00	500,00
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	23,00	22,00
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	23,00	143,00
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	23,00	--
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	23,00	--
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	23,00	--
28213	MURRAY, Duplex Creme Sandwich Cookies	23,00	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	23,00	74,00
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	23,00	276,00
36001	APPLEBEE'S, Double Crunch Shrimp	23,00	45,00
36008	T.G.I. FRIDAY'S, fried mozzarella	23,00	351,00
36032	DENNY'S, spaghetti and meatballs	23,00	45,00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	23,00	14,00
36038	Restaurant, family style, spaghetti and meatballs	23,00	45,00
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	23,00	121,00
36613	DENNY'S, macaroni & cheese, from kid's menu	23,00	83,00
43131	Luncheon slices, meatless	23,00	41,00
43134	Vegetarian fillets	23,00	95,00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	23,00	32,00
01004	Cheese, blue	23,00	528,00
01028	Cheese, mozzarella, part skim milk	23,00	782,00
01105	Milk, chocolate beverage, hot cocoa, homemade	23,00	114,00
01167	Cheese, mexican, queso chihuahua	23,00	651,00
03995	Babyfood, banana with mixed berries, strained	23,00	0,00
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	23,00	15,00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	23,00	15,00
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	23,00	11,00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	23,00	12,00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	23,00	15,00
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	23,00	24,00
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	23,00	12,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	23,00	12,00
05080	Chicken, broilers or fryers, leg, meat only, raw	23,00	10,00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	23,00	7,00
05113	Chicken, roasting, meat only, raw	23,00	10,00
05118	Chicken, roasting, light meat, meat only, cooked, roasted	23,00	13,00
05130	Chicken, stewing, light meat, meat only, cooked, stewed	23,00	14,00
05131	Chicken, stewing, dark meat, meat only, raw	23,00	10,00
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	23,00	15,00
05157	Quail, meat and skin, raw	23,00	13,00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	23,00	32,00
05305	Ground turkey, raw	23,00	19,00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	23,00	20,00
05327	Chicken breast tenders, breaded, uncooked	23,00	19,00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	23,00	35,00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	23,00	22,00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	23,00	33,00
05642	Ostrich, ground, cooked, pan-broiled	23,00	8,00
05646	Ostrich, inside strip, raw	23,00	5,00
05648	Ostrich, outside leg, raw	23,00	5,00
05649	Ostrich, outside strip, raw	23,00	5,00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	23,00	11,00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	23,00	11,00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	23,00	4,00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	23,00	9,00
07212	OSCAR MAYER, Ham (chopped with natural juice)	23,00	9,00
07923	Bratwurst, chicken, cooked	23,00	11,00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	23,00	5,00
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	23,00	6,00
08100	Cereals, CREAM OF RICE, dry	23,00	5,00
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	23,00	413,00
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	23,00	10,00
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	23,00	16,00
10024	Pork, fresh, loin, whole, separable lean only, raw	23,00	17,00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	23,00	25,00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	23,00	14,00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	23,00	60,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	23,00	12,00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	23,00	8,00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	23,00	16,00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	23,00	26,00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	23,00	16,00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	23,00	9,00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	23,00	53,00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	23,00	34,00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	23,00	21,00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	23,00	33,00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	23,00	9,00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	23,00	16,00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	23,00	17,00
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	23,00	8,00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	23,00	12,00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	23,00	7,00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	23,00	7,00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	23,00	13,00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	23,00	4,00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	23,00	7,00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	23,00	5,00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	23,00	7,00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	23,00	20,00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	23,00	12,00
11080	Beets, raw	23,00	16,00
11081	Beets, cooked, boiled, drained	23,00	16,00
11098	Brussels sprouts, raw	23,00	42,00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	23,00	5,00
11245	Lambsquarters, cooked, boiled, drained, without salt	23,00	258,00
11254	Lotus root, raw	23,00	45,00
11302	Peas, edible-podded, frozen, unprepared	23,00	50,00
11352	Potatoes, flesh and skin, raw	23,00	12,00
11353	Potatoes, russet, flesh and skin, raw	23,00	13,00
11362	Potatoes, raw, skin	23,00	30,00
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	23,00	12,00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	23,00	10,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11424	Pumpkin, canned, without salt	23,00	26,00
11437	Salsify, (vegetable oyster), raw	23,00	60,00
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	23,00	18,00
11475	Squash, summer, scallop, raw	23,00	19,00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	23,00	15,00
11547	Tomato products, canned, puree, without salt added	23,00	18,00
11734	Beets, cooked, boiled. drained, with salt	23,00	16,00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	23,00	5,00
11794	Lambsquarters, cooked, boiled, drained, with salt	23,00	258,00
11819	Peppers, hot chili, red, raw	23,00	14,00
11846	Pumpkin, canned, with salt	23,00	26,00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	23,00	15,00
11888	Tomato products, canned, puree, with salt added	23,00	18,00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	23,00	5,00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	23,00	5,00
13000	Beef, grass-fed, strip steaks, lean only, raw	23,00	9,00
13023	Beef, brisket, whole, separable lean only, all grades, raw	23,00	5,00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	23,00	6,00
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	23,00	28,00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	23,00	15,00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	23,00	19,00
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	23,00	12,00
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	23,00	14,00
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	23,00	12,00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	23,00	16,00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	23,00	6,00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	23,00	13,00
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	23,00	20,00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	23,00	13,00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	23,00	13,00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	23,00	7,00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	23,00	7,00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	23,00	17,00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	23,00	19,00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	23,00	20,00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	23,00	17,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	23,00	14,00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	23,00	14,00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	23,00	14,00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	23,00	22,00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	23,00	20,00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	23,00	16,00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	23,00	24,00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	23,00	22,00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	23,00	22,00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	23,00	8,00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	23,00	22,00
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	23,00	20,00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	23,00	20,00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	23,00	21,00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	23,00	8,00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	23,00	7,00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	23,00	14,00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	23,00	14,00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	23,00	14,00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	23,00	17,00
15010	Fish, catfish, channel, wild, raw	23,00	14,00
15036	Fish, halibut, Atlantic and Pacific, raw	23,00	7,00
15057	Fish, ocean perch, Atlantic, raw	23,00	28,00
15090	Fish, scup, raw	23,00	40,00
15121	Fish, tuna, light, canned in water, drained solids	23,00	17,00
15131	Fish, whitefish, mixed species, smoked	23,00	18,00
15235	Fish, catfish, channel, farmed, cooked, dry heat	23,00	9,00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	23,00	17,00
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	23,00	20,00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	23,00	9,00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	23,00	18,00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	23,00	19,00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	23,00	21,00
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	23,00	20,00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	23,00	18,00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	23,00	11,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	23,00	18,00
17113	Veal, rib, separable lean only, raw	23,00	14,00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	23,00	22,00
17147	Game meat, bear, cooked, simmered	23,00	5,00
17148	Bison, ground, grass-fed, cooked	23,00	14,00
17164	Game meat, deer, raw	23,00	5,00
17166	Game meat, elk, raw	23,00	4,00
17172	Game meat, moose, raw	23,00	5,00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	23,00	9,00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	23,00	7,00
17218	Veal, variety meats and by-products, thymus, raw	23,00	3,00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	23,00	10,00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	23,00	11,00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	23,00	20,00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	23,00	17,00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	23,00	21,00
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	23,00	11,00
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	23,00	8,00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	23,00	10,00
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	23,00	15,00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	23,00	10,00
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	23,00	10,00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	23,00	27,00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	23,00	8,00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	23,00	7,00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	23,00	8,00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	23,00	11,00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	23,00	2,00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	23,00	3,00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	23,00	3,00
18006	Bagels, cinnamon-raisin, toasted	23,00	20,00
18032	Bread, irish soda, prepared from recipe	23,00	81,00
18057	Bread, reduced-calorie, white	23,00	94,00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	23,00	144,00
18228	Crackers, saltines (includes oyster, soda, soup)	23,00	19,00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	23,00	114,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	23,00	259,00
18350	Rolls, hamburger or hotdog, plain	23,00	144,00
18365	Waffles, plain, frozen, ready-to-heat	23,00	308,00
01008	Cheese, caraway	22,00	673,00
01043	Cheese, pasteurized process, pimento	22,00	614,00
01186	Cheese, cream, fat free	22,00	351,00
01225	Dulce de Leche	22,00	251,00
03092	Babyfood, vegetables, green beans, junior	22,00	65,00
03214	Babyfood, cookies, arrowroot	22,00	32,00
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	22,00	20,00
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	22,00	15,00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	22,00	13,00
05053	Chicken, broilers or fryers, back, meat only, raw	22,00	17,00
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	22,00	24,00
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	22,00	13,00
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	22,00	11,00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	22,00	11,00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	22,00	9,00
05105	Chicken, broilers or fryers, wing, meat only, raw	22,00	13,00
05126	Chicken, stewing, meat only, cooked, stewed	22,00	13,00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	22,00	12,00
05145	Duck, wild, breast, meat only, raw	22,00	3,00
05147	Goose, domesticated, meat and skin, cooked, roasted	22,00	13,00
05151	Guinea hen, meat and skin, raw	22,00	11,00
05160	Squab, (pigeon), meat and skin, raw	22,00	12,00
05171	Turkey, whole, giblets, raw	22,00	18,00
05183	Turkey, dark meat, meat and skin, raw	22,00	11,00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	22,00	33,00
05336	USDA Commodity Chicken, canned, meat only, drained	22,00	12,00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	22,00	15,00
05353	USDA Commodity, chicken fajita strips, frozen	22,00	13,00
05356	Chicken, broiler, rotisserie, BBQ, skin	22,00	34,00
05643	Ostrich, fan, raw	22,00	6,00
05644	Ostrich, inside leg, raw	22,00	5,00
05653	Ostrich, round, raw	22,00	5,00
05654	Ostrich, tenderloin, raw	22,00	6,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05655	Ostrich, tip trimmed, raw	22,00	5,00
05657	Ostrich, top loin, raw	22,00	6,00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	22,00	12,00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	22,00	14,00
05716	Turkey, retail parts, drumstick, meat only, raw	22,00	10,00
05717	Turkey, retail parts, thigh, meat only, raw	22,00	4,00
06249	Soup, pea, green, canned, prepared with equal volume milk	22,00	68,00
07029	Ham, sliced, regular (approximately 11% fat)	22,00	24,00
07070	Salami, cooked, turkey	22,00	40,00
07071	Salami, dry or hard, pork	22,00	13,00
07926	Salami, Italian, pork	22,00	10,00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	22,00	19,00
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	22,00	7,00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	22,00	7,00
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	--	22,00
09009	Apples, dehydrated (low moisture), sulfured, uncooked	22,00	19,00
09044	Cherries, tart, dried, sweetened	22,00	38,00
09048	Blackberries, frozen, unsweetened	22,00	29,00
09139	Guavas, common, raw	22,00	18,00
09216	Orange peel, raw	22,00	161,00
09302	Raspberries, raw	22,00	25,00
09518	Raspberries, frozen, unsweetened	22,00	25,00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	22,00	14,00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	22,00	12,00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	22,00	15,00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	22,00	13,00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	22,00	16,00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	22,00	14,00
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	22,00	8,00
10153	Pork, cured, ham, whole, separable lean only, roasted	22,00	7,00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	22,00	6,00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	22,00	5,00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	22,00	25,00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	22,00	31,00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	22,00	9,00
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	22,00	7,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	22,00	10,00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	22,00	4,00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	22,00	6,00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	22,00	6,00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	22,00	12,00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	22,00	6,00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	22,00	4,00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	22,00	6,00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	22,00	6,00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	22,00	7,00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	22,00	12,00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	22,00	7,00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	22,00	7,00
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	22,00	20,00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	22,00	6,00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	22,00	57,00
11060	Beans, snap, green, frozen, all styles, unprepared	22,00	42,00
11096	Broccoli raab, raw	22,00	108,00
11154	Chicory roots, raw	22,00	41,00
11255	Lotus root, cooked, boiled, drained, without salt	22,00	26,00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	22,00	24,00
11355	Potatoes, red, flesh and skin, raw	22,00	10,00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	22,00	5,00
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	22,00	10,00
11490	Squash, winter, hubbard, baked, without salt	22,00	17,00
11512	Sweet potato, canned, vacuum pack	--	22,00
11516	Sweet potato, frozen, unprepared	22,00	37,00
11569	Turnip greens, cooked, boiled, drained, without salt	22,00	137,00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	22,00	25,00
11588	Waterchestnuts, chinese, (matai), raw	22,00	11,00
11730	Beans, snap, yellow, frozen, all styles, unprepared	22,00	42,00
11796	Lotus root, cooked, boiled, drained, with salt	22,00	26,00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	22,00	24,00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	22,00	5,00
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	22,00	10,00
11868	Squash, winter, hubbard, baked, with salt	22,00	17,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11891	Turnip greens, cooked, boiled, drained, with salt	22,00	137,00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	22,00	25,00
11977	Peppers, serrano, raw	22,00	11,00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	22,00	27,00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	22,00	18,00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	22,00	18,00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	22,00	10,00
13149	Beef, rib, shortribs, separable lean only, choice, raw	22,00	8,00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	22,00	11,00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	22,00	14,00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22,00	12,00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	22,00	12,00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	22,00	6,00
13333	Beef, variety meats and by-products, spleen, raw	22,00	9,00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	22,00	16,00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	22,00	6,00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	22,00	14,00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	22,00	17,00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	22,00	14,00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	22,00	14,00
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	22,00	8,00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	22,00	9,00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	22,00	7,00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	22,00	7,00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	22,00	7,00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	22,00	7,00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	22,00	19,00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	22,00	23,00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	22,00	14,00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	22,00	19,00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	22,00	18,00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	22,00	20,00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	22,00	19,00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	22,00	13,00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	22,00	4,00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	22,00	4,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	22,00	20,00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	22,00	16,00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	22,00	23,00
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	22,00	8,00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	22,00	5,00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	22,00	5,00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	22,00	13,00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	22,00	19,00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	22,00	19,00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	22,00	9,00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	22,00	9,00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	22,00	20,00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	22,00	18,00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	22,00	7,00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	22,00	7,00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	22,00	20,00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	22,00	19,00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	22,00	25,00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	22,00	24,00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	22,00	13,00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	22,00	12,00
14035	Beverages, ABBOTT, EAS soy protein powder	22,00	95,00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	22,00	25,00
15079	Fish, salmon, chum, raw	22,00	11,00
15114	Fish, trout, mixed species, raw	22,00	43,00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	22,00	54,00
15171	Mollusks, oyster, Pacific, raw	22,00	8,00
15172	Mollusks, scallop, mixed species, raw	22,00	6,00
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	22,00	12,00
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	22,00	11,00
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	22,00	20,00
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	22,00	10,00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	22,00	11,00
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	22,00	21,00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	22,00	13,00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	22,00	21,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	22,00	20,00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	22,00	12,00
17110	Veal, rib, separable lean and fat, raw	22,00	13,00
17112	Veal, rib, separable lean and fat, cooked, roasted	22,00	11,00
17174	Game meat, muskrat, raw	22,00	25,00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	22,00	21,00
17200	Lamb, variety meats and by-products, liver, cooked, braised	22,00	8,00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	22,00	12,00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	22,00	11,00
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	22,00	20,00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	22,00	14,00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	22,00	14,00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	22,00	9,00
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	22,00	17,00
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	22,00	12,00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	22,00	14,00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	22,00	7,00
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	22,00	11,00
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	22,00	15,00
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	22,00	28,00
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	22,00	15,00
17331	Game meat, bison, ground, cooked, pan-broiled	22,00	13,00
17338	Game meat, elk, ground, raw	22,00	12,00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	22,00	5,00
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	22,00	40,00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	22,00	5,00
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	22,00	58,00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	22,00	14,00
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	22,00	31,00
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	22,00	8,00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	22,00	7,00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	22,00	6,00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	22,00	7,00
18053	Bread, reduced-calorie, rye	22,00	76,00
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	22,00	54,00
18112	Cake, pudding-type, german chocolate, dry mix	22,00	189,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18223	Crackers, milk	22,00	172,00
18292	Pancakes, plain, dry mix, incomplete, prepared	22,00	215,00
18324	Pie, pecan, commercially prepared	--	22,00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	22,00	146,00
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	22,00	54,00
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	22,00	43,00
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	22,00	299,00
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	22,00	52,00
18965	Crackers, cheese, reduced fat	22,00	67,00
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	22,00	197,00
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	22,00	36,00
19076	Candies, caramels, chocolate-flavor roll	22,00	36,00
19177	Gelatins, dry powder, unsweetened	22,00	55,00
20006	Barley, pearled, cooked	22,00	11,00
20081	Wheat flour, white, all-purpose, enriched, bleached	22,00	15,00
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	22,00	252,00
20481	Wheat flour, white, all-purpose, unenriched	22,00	15,00
20581	Wheat flour, white, all-purpose, enriched, unbleached	22,00	15,00
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	22,00	92,00
21108	Fast foods, hamburger; single, regular patty; with condiments	22,00	116,00
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	22,00	45,00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	22,00	136,00
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	22,00	153,00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	22,00	153,00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	22,00	154,00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	22,00	183,00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	22,00	183,00
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	22,00	210,00
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	22,00	210,00
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	22,00	154,00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	22,00	136,00
21234	McDONALD'S, QUARTER POUNDER	22,00	84,00
21235	McDONALD'S, QUARTER POUNDER with Cheese	22,00	144,00
21242	WENDY'S, Jr. Hamburger, with cheese	22,00	92,00
21246	WENDY'S, Chicken Nuggets	22,00	11,00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	22,00	209,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	22,00	146,00
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	22,00	113,00
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	22,00	238,00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	22,00	147,00
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	22,00	93,00
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	22,00	21,00
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	22,00	64,00
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	22,00	35,00
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	22,00	20,00
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	22,00	31,00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	22,00	24,00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	22,00	54,00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	22,00	238,00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	22,00	238,00
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	22,00	87,00
21525	PIZZA HUT, breadstick, parmesan garlic	22,00	87,00
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	22,00	181,00
22972	Pulled pork in barbecue sauce	22,00	44,00
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	22,00	15,00
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22,00	15,00
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	22,00	17,00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	22,00	14,00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	22,00	14,00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	22,00	14,00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	22,00	14,00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	22,00	15,00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	22,00	15,00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	22,00	16,00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	22,00	17,00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	22,00	9,00
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	22,00	7,00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	22,00	6,00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	22,00	7,00
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	22,00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	22,00	11,00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	22,00	11,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23220	Beef, ground, unspecified fat content, cooked	22,00	25,00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	22,00	23,00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	22,00	23,00
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	22,00	6,00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	22,00	6,00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	22,00	13,00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	22,00	4,00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	22,00	3,00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	22,00	4,00
23418	Beef, New Zealand, imported, inside, raw	22,00	4,00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	22,00	18,00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	22,00	4,00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	22,00	6,00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	22,00	4,00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	22,00	4,00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	22,00	9,00
23477	Beef, ground, 97% lean meat / 3% fat, raw	22,00	8,00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	22,00	6,00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	22,00	11,00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	22,00	11,00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	22,00	17,00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	22,00	6,00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	22,00	7,00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	22,00	7,00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	22,00	8,00
23557	Beef, ground, 95% lean meat / 5% fat, raw	22,00	9,00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	22,00	7,00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	22,00	8,00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	22,00	13,00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	22,00	20,00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	22,00	34,00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	22,00	7,00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	22,00	16,00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	22,00	14,00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	22,00	7,00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	22,00	18,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	22,00	17,00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	22,00	23,00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	22,00	15,00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	22,00	27,00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	22,00	18,00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	22,00	21,00
28064	KEEBLER, CLUB, Dash of Salt Crackers	22,00	--
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	22,00	--
35147	Tamales (Navajo)	22,00	29,00
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	22,00	79,00
36041	Restaurant, Italian, lasagna with meat	22,00	197,00
36042	OLIVE GARDEN, lasagna classico	22,00	211,00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	22,00	120,00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	22,00	16,00
36633	Restaurant, Chinese, sesame chicken	22,00	12,00
42286	Babyfood, green beans and turkey, strained	22,00	31,00
43282	Quail, cooked, total edible	22,00	15,00
43283	Pheasant, cooked, total edible	22,00	16,00
43398	Cheese, pasteurized process, cheddar or American, low sodium	22,00	616,00
18388	Muffins, wheat bran, toaster-type with raisins, toasted	21,00	39,00
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	21,00	52,00
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	21,00	174,00
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	21,00	52,00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	21,00	29,00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	21,00	163,00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	21,00	112,00
19226	Frostings, chocolate, creamy, ready-to-eat	21,00	8,00
19353	Syrups, maple	21,00	102,00
19407	Snacks, beef sticks, smoked	21,00	68,00
19867	Ice creams, vanilla, fat free	21,00	149,00
19911	Syrup, maple, Canadian	21,00	109,00
20086	Wheat flour, white, tortilla mix, enriched	21,00	205,00
20110	Noodles, egg, enriched, cooked	21,00	12,00
20118	Noodles, flat, crunchy, Chinese restaurant	--	21,00
20310	Noodles, egg, cooked, enriched, with added salt	21,00	12,00
20410	Noodles, egg, unenriched, cooked, without added salt	21,00	12,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
20510	Noodles, egg, cooked, unenriched, with added salt	21,00	12,00
21020	Fast foods, english muffin, with cheese and sausage	21,00	210,00
21026	Fast foods, potatoes, hash browns, round pieces or patty	21,00	19,00
21033	Fast foods, sundae, hot fudge	21,00	131,00
21092	Fast foods, cheeseburger; double, regular patty; plain	21,00	180,00
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	21,00	150,00
21101	Fast foods, cheeseburger; triple, regular patty; plain	21,00	174,00
21111	Fast foods, hamburger; double, regular patty; with condiments	21,00	43,00
21115	Fast foods, hamburger, large, triple patty, with condiments	21,00	25,00
21228	McDONALD'S, Hamburger	21,00	127,00
21241	WENDY'S, Jr. Hamburger, without cheese	21,00	45,00
21263	TACO BELL, Soft Taco with steak	21,00	117,00
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	21,00	208,00
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	21,00	99,00
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	21,00	192,00
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	21,00	109,00
21344	McDONALD'S, Double Cheeseburger	21,00	178,00
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	21,00	106,00
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	21,00	124,00
21358	McDONALD'S, Sausage McMUFFIN	21,00	224,00
21395	Fast foods, cheeseburger; double, regular patty; with condiments	21,00	150,00
21396	Fast foods, cheeseburger; double, large patty; with condiments	21,00	106,00
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	21,00	25,00
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	21,00	30,00
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	21,00	24,00
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	21,00	132,00
21507	WENDY'S, Double Stack, with cheese	21,00	73,00
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	21,00	152,00
22910	Lasagna, cheese, frozen, prepared	21,00	111,00
22956	Lasagna, Vegetable, frozen, baked	21,00	150,00
22962	LEAN POCKETS, Ham N Cheddar	21,00	196,00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	21,00	18,00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	21,00	6,00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	21,00	11,00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21,00	12,00
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	21,00	16,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	21,00	13,00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	21,00	13,00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	21,00	18,00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	21,00	14,00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	21,00	15,00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	21,00	9,00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	21,00	10,00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	21,00	6,00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	21,00	6,00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	21,00	6,00
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	21,00	22,00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	21,00	22,00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	21,00	13,00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	21,00	14,00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	21,00	13,00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	21,00	12,00
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	21,00	11,00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	21,00	11,00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	21,00	6,00
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	21,00	7,00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	21,00	14,00
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	21,00	4,00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	21,00	4,00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	21,00	4,00
23427	Beef, New Zealand, imported, manufacturing beef, raw	21,00	6,00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	21,00	4,00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	21,00	8,00
23472	Beef, ground, 93% lean meat / 7% fat, raw	21,00	10,00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	21,00	10,00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	21,00	17,00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	21,00	18,00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	21,00	7,00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	21,00	7,00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	21,00	13,00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	21,00	18,00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	21,00	26,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	21,00	7,00
25024	Pretzels, soft, unsalted	21,00	23,00
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	21,00	8,00
27064	Wasabi	21,00	41,00
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	21,00	67,00
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	21,00	--
28197	MOTHER'S, Coconut Cocadas Cookies	21,00	--
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	21,00	28,00
35146	Stew, mutton, corn, squash (Navajo)	21,00	38,00
36012	Restaurant, family style, fried mozzarella sticks	21,00	334,00
36016	Restaurant, family style, shrimp, breaded and fried	21,00	42,00
36026	CRACKER BARREL, onion rings, thick-cut	21,00	19,00
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	21,00	135,00
36403	Restaurant, Latino, empanadas, beef, prepared	21,00	20,00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	21,00	15,00
36611	DENNY'S, mozzarella cheese sticks	21,00	331,00
43109	Pretzels, soft	21,00	23,00
43326	Pork, cured, ham, low sodium, lean and fat, cooked	21,00	8,00
01010	Cheese, cheshire	21,00	643,00
01024	Cheese, limburger	21,00	497,00
01027	Cheese, mozzarella, whole milk, low moisture	21,00	575,00
03283	Babyfood, vegetables, garden vegetable, strained	21,00	28,00
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	--	21,00
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	--	21,00
05014	Chicken, broilers or fryers, meat only, stewed	21,00	14,00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	21,00	11,00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	21,00	11,00
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	21,00	18,00
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	21,00	11,00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	21,00	15,00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	21,00	16,00
05114	Chicken, roasting, meat only, cooked, roasted	21,00	12,00
05119	Chicken, roasting, dark meat, meat only, raw	21,00	9,00
05133	Chicken, capons, meat and skin and giblets and neck, raw	21,00	11,00
05135	Chicken, capons, meat and skin, raw	21,00	11,00
05155	Pheasant, breast, meat only, raw	21,00	3,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05174	Turkey, gizzard, all classes, cooked, simmered	21,00	17,00
05175	Turkey, heart, all classes, raw	21,00	18,00
05193	Turkey, all classes, leg, meat and skin, raw	21,00	17,00
05195	Turkey, all classes, wing, meat and skin, raw	21,00	14,00
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	21,00	9,00
05309	Chicken, cornish game hens, meat only, raw	21,00	12,00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	21,00	28,00
05332	Chicken, ground, raw	21,00	6,00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	21,00	13,00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	21,00	38,00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	21,00	13,00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	21,00	16,00
05651	Ostrich, oyster, raw	21,00	6,00
05665	Ground turkey, 93% lean, 7% fat, raw	--	21,00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	21,00	12,00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	21,00	14,00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	21,00	8,00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	21,00	12,00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	21,00	15,00
05706	Turkey, whole, meat and skin, with added solution, raw	21,00	14,00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	21,00	12,00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	21,00	15,00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	21,00	15,00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	21,00	15,00
05736	Turkey, retail parts, drumstick, meat and skin, raw	21,00	9,00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	21,00	4,00
06152	Sauce, pizza, canned, ready-to-serve	21,00	54,00
07013	Bratwurst, pork, cooked	21,00	28,00
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	21,00	8,00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	21,00	31,00
07230	OSCAR MAYER, Salami (hard)	21,00	12,00
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	21,00	67,00
07958	Turkey sausage, fresh, cooked	21,00	22,00
08182	Cereals, WHEATENA, cooked with water, with salt	21,00	80,00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	21,00	10,00
08510	Milk and cereal bar	21,00	410,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	21,00	95,00
09043	Blackberry juice, canned	21,00	12,00
09167	Loganberries, frozen	21,00	26,00
09226	Papayas, raw	21,00	20,00
09290	Prunes, dehydrated (low-moisture), stewed	21,00	24,00
09315	Soursop, raw	21,00	14,00
09321	Sugar-apples, (sweetsop), raw	21,00	24,00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	21,00	11,00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	21,00	12,00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	21,00	18,00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	21,00	55,00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	21,00	53,00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	21,00	30,00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	21,00	19,00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	21,00	14,00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	21,00	36,00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	21,00	46,00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	21,00	6,00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	21,00	45,00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	21,00	19,00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	21,00	22,00
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	21,00	6,00
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	21,00	14,00
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	21,00	14,00
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	21,00	4,00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	21,00	7,00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	21,00	9,00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	21,00	6,00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	21,00	9,00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	21,00	6,00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	21,00	9,00
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	21,00	10,00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	21,00	26,00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	21,00	9,00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	21,00	6,00
11029	Beans, kidney, mature seeds, sprouted, raw	21,00	17,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11043	Mung beans, mature seeds, sprouted, raw	21,00	13,00
11090	Broccoli, raw	21,00	47,00
11091	Broccoli, cooked, boiled, drained, without salt	21,00	40,00
11134	Cassava, raw	21,00	16,00
11162	Collards, cooked, boiled, drained, without salt	21,00	141,00
11326	Peas and onions, frozen, unprepared	21,00	23,00
11354	Potatoes, white, flesh and skin, raw	21,00	9,00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	21,00	13,00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	21,00	11,00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	21,00	9,00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	21,00	9,00
11517	Sweet potato, frozen, cooked, baked, without salt	21,00	35,00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	21,00	13,00
11591	Watercress, raw	21,00	120,00
11601	Yam, raw	21,00	17,00
11677	Shallots, raw	21,00	37,00
11742	Broccoli, cooked, boiled, drained, with salt	21,00	40,00
11768	Collards, cooked, boiled, drained, with salt	21,00	141,00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	21,00	9,00
11877	Sweet potato, frozen, cooked, baked, with salt	21,00	35,00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	21,00	23,00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	21,00	17,00
13321	Beef, variety meats and by-products, heart, raw	21,00	7,00
13322	Beef, variety meats and by-products, heart, cooked, simmered	21,00	5,00
13326	Beef, variety meats and by-products, liver, cooked, braised	21,00	6,00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	21,00	16,00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	21,00	14,00
13358	Beef, cured, smoked, chopped beef	21,00	8,00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	21,00	14,00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	21,00	14,00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	21,00	7,00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	21,00	19,00
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	21,00	7,00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	21,00	18,00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	21,00	15,00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	21,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	21,00	7,00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	21,00	5,00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	21,00	8,00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	21,00	24,00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	21,00	17,00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	21,00	23,00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	21,00	17,00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	21,00	24,00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	21,00	24,00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	21,00	25,00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	21,00	25,00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	21,00	24,00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	21,00	18,00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	21,00	17,00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	21,00	19,00
15033	Fish, haddock, raw	21,00	11,00
15054	Fish, monkfish, raw	21,00	8,00
15132	Fish, whiting, mixed species, raw	21,00	48,00
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	21,00	26,00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	21,00	15,00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	21,00	16,00
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	21,00	14,00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	21,00	17,00
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	21,00	11,00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	21,00	10,00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	21,00	7,00
17149	Bison, ground, grass-fed, raw	21,00	11,00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	21,00	19,00
17210	Lamb, variety meats and by-products, pancreas, raw	21,00	8,00
17214	Lamb, variety meats and by-products, spleen, raw	21,00	9,00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	21,00	13,00
17220	Lamb, variety meats and by-products, tongue, raw	21,00	9,00
17224	Lamb, ground, raw	21,00	16,00
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	21,00	16,00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	21,00	17,00
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	21,00	9,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17276	Veal, shank (fore and hind), separable lean and fat, raw	21,00	20,00
17278	Veal, shank (fore and hind), separable lean only, raw	21,00	20,00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	21,00	16,00
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	21,00	28,00
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	21,00	18,00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	21,00	28,00
17343	Game meat, deer, ground, raw	21,00	11,00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	21,00	13,00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	21,00	5,00
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	21,00	27,00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	21,00	5,00
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	21,00	8,00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	21,00	7,00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	21,00	52,00
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	21,00	7,00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	21,00	4,00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	21,00	3,00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	21,00	3,00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	21,00	7,00
18028	Bread, egg, toasted	21,00	102,00
18114	Cake, gingerbread, dry mix	21,00	94,00
18191	Cookies, raisin, soft-type	21,00	46,00
18198	Cookies, chocolate chip, commercially prepared, special dietary	21,00	46,00
18280	Muffins, corn, dry mix, prepared	21,00	75,00
01006	Cheese, brie	20,00	184,00
01007	Cheese, camembert	20,00	388,00
01026	Cheese, mozzarella, whole milk	20,00	505,00
01244	Milk dessert bar, frozen, made from lowfat milk	20,00	184,00
03091	Babyfood, vegetables, green beans, strained	20,00	39,00
03096	Babyfood, vegetable, green beans and potatoes	20,00	60,00
03685	Babyfood, cereal, mixed, prepared with whole milk	20,00	220,00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	20,00	156,00
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	20,00	11,00
05006	Chicken, broilers or fryers, meat and skin, raw	20,00	11,00
05026	Chicken, heart, all classes, cooked, simmered	20,00	19,00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	20,00	13,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	20,00	21,00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	20,00	14,00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	20,00	21,00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	20,00	17,00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	20,00	11,00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	20,00	9,00
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	20,00	18,00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	20,00	11,00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	20,00	41,00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	20,00	13,00
05112	Chicken, roasting, meat and skin, cooked, roasted	20,00	12,00
05116	Chicken, roasting, giblets, cooked, simmered	20,00	12,00
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	20,00	11,00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	20,00	10,00
05123	Chicken, stewing, meat and skin, raw	20,00	10,00
05124	Chicken, stewing, meat and skin, cooked, stewed	20,00	13,00
05128	Chicken, stewing, giblets, cooked, simmered	20,00	13,00
05138	Chicken, capons, giblets, cooked, simmered	20,00	13,00
05142	Duck, domesticated, meat only, cooked, roasted	20,00	12,00
05144	Duck, wild, meat and skin, raw	20,00	5,00
05153	Pheasant, raw, meat and skin	20,00	12,00
05154	Pheasant, raw, meat only	20,00	13,00
05156	Pheasant, leg, meat only, raw	20,00	29,00
05284	Turkey, canned, meat only, with broth	20,00	12,00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	20,00	1,00
05312	Chicken, wing, frozen, glazed, barbecue flavored	20,00	28,00
05641	Ostrich, ground, raw	20,00	7,00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	20,00	12,00
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	20,00	14,00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	20,00	13,00
05742	Turkey, retail parts, thigh, meat and skin, raw	20,00	4,00
07024	Frankfurter, chicken	20,00	74,00
07039	Lebanon bologna, beef	--	20,00
07043	Roast beef, deli style, prepackaged, sliced	20,00	5,00
07056	Peppered loaf, pork, beef	20,00	54,00
07060	Luxury loaf, pork	20,00	36,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
07072	Salami, dry or hard, pork, beef	20,00	24,00
07944	Turkey, white, rotisserie, deli cut	20,00	16,00
08143	Cereals, WHEATENA, cooked with water	20,00	80,00
09042	Blackberries, raw	20,00	29,00
09149	Kumquats, raw	20,00	62,00
09449	Nance, frozen, unsweetened	20,00	46,00
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	20,00	5,00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	20,00	12,00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	20,00	18,00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	20,00	56,00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	20,00	49,00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	20,00	55,00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	20,00	33,00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	20,00	51,00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	20,00	18,00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	20,00	11,00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	20,00	9,00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	20,00	16,00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	20,00	19,00
10130	Canadian bacon, unprepared	20,00	6,00
10158	USDA Commodity, pork, canned	20,00	5,00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	20,00	48,00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	20,00	48,00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	20,00	7,00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	20,00	5,00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	20,00	7,00
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	20,00	14,00
10851	HORMEL, Cure 81 Ham	20,00	4,00
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	20,00	6,00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	20,00	11,00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	20,00	7,00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	20,00	9,00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	20,00	4,00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	20,00	7,00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	20,00	6,00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	20,00	27,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	20,00	51,00
11099	Brussels sprouts, cooked, boiled, drained, without salt	20,00	36,00
11100	Brussels sprouts, frozen, unprepared	20,00	26,00
11141	Celeriac, raw	20,00	43,00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	20,00	9,00
11238	Mushrooms, shiitake, raw	20,00	2,00
11291	Onions, spring or scallions (includes tops and bulb), raw	20,00	72,00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	20,00	8,00
11373	Potatoes, au gratin, home-prepared from recipe using butter	20,00	119,00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	20,00	35,00
11435	Rutabagas, raw	20,00	43,00
11467	Squash, summer, crookneck and straightneck, raw	20,00	21,00
11521	Taro leaves, cooked, steamed, without salt	20,00	86,00
11559	Tomato products, canned, sauce, with tomato tidbits	20,00	10,00
11570	Turnip greens, canned, solids and liquids	20,00	118,00
11693	Tomatoes, crushed, canned	20,00	34,00
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	20,00	51,00
11745	Brussels sprouts, cooked, boiled, drained, with salt	20,00	36,00
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	20,00	9,00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	20,00	8,00
11843	Potatoes, au gratin, home-prepared from recipe using margarine	20,00	119,00
11879	Taro, leaves, cooked, steamed, with salt	20,00	86,00
11954	Tomatillos, raw	20,00	7,00
11965	Cauliflower, green, raw	20,00	33,00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	20,00	19,00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	20,00	10,00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	20,00	11,00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	20,00	12,00
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	20,00	14,00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	20,00	15,00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	20,00	14,00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	20,00	13,00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	20,00	14,00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	20,00	10,00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	20,00	9,00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	20,00	15,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	20,00	14,00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	20,00	41,00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	20,00	37,00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	20,00	11,00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	20,00	12,00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	20,00	12,00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	20,00	13,00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	20,00	13,00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	20,00	13,00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	20,00	7,00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	20,00	17,00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	20,00	16,00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	20,00	18,00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	20,00	13,00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	20,00	11,00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	20,00	11,00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	20,00	11,00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	20,00	11,00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	20,00	11,00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	20,00	11,00
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	20,00	11,00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	20,00	11,00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	20,00	10,00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	20,00	9,00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	20,00	10,00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	20,00	23,00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	20,00	13,00
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	20,00	16,00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	20,00	13,00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	20,00	22,00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	20,00	13,00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	20,00	13,00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	20,00	7,00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	20,00	7,00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	20,00	12,00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	20,00	19,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20,00	23,00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	20,00	25,00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	20,00	22,00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	20,00	7,00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	20,00	25,00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	20,00	17,00
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	20,00	69,00
14083	Beverages, chocolate malt, powder, prepared with fat free milk	20,00	234,00
14262	Beverages, citrus fruit juice drink, frozen concentrate	20,00	25,00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	20,00	8,00
15025	Fish, eel, mixed species, raw	--	20,00
15072	Fish, roe, mixed species, raw	20,00	22,00
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	20,00	8,00
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	20,00	9,00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	20,00	22,00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	20,00	7,00
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	20,00	10,00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	20,00	10,00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	20,00	12,00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	20,00	27,00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	--	20,00
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	20,00	18,00
17202	Veal, variety meats and by-products, liver, raw	20,00	5,00
17203	Veal, variety meats and by-products, liver, cooked, braised	20,00	6,00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	20,00	22,00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	20,00	9,00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	20,00	23,00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	20,00	9,00
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	20,00	13,00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	20,00	11,00
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	20,00	10,00
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	20,00	9,00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	20,00	12,00
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	20,00	28,00
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	20,00	19,00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	20,00	25,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17373	Lamb, New Zealand, imported, heart, raw	20,00	5,00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	20,00	23,00
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	20,00	5,00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	20,00	34,00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	20,00	12,00
17449	Lamb, Australian, imported, fresh, external fat, cooked	20,00	12,00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	20,00	32,00
18254	Doughnuts, yeast-leavened, with creme filling	20,00	25,00
18256	Doughnuts, yeast-leavened, with jelly filling	20,00	25,00
18290	Pancakes, plain, dry mix, complete, prepared	20,00	126,00
18313	Pie, coconut creme, commercially prepared	20,00	29,00
18349	Rolls, french	20,00	91,00
18352	Rolls, hamburger or hotdog, reduced-calorie	20,00	59,00
18368	Wonton wrappers (includes egg roll wrappers)	20,00	47,00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	20,00	125,00
18973	Focaccia, Italian flatbread, plain	20,00	35,00
18991	BARBARA DEE, Winter Mints Cookies	20,00	--
19014	Snacks, fruit leather, rolls	20,00	32,00
19102	Candies, fudge, peanut butter, prepared-from-recipe	20,00	42,00
19114	Ice creams, chocolate, light	20,00	159,00
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	20,00	115,00
19182	Desserts, mousse, chocolate, prepared-from-recipe	20,00	96,00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	20,00	106,00
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	20,00	32,00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	20,00	58,00
21008	Fast foods, biscuit, with ham	20,00	142,00
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	20,00	192,00
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	20,00	119,00
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	20,00	93,00
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	20,00	57,00
21110	Fast foods, hamburger; double, regular, patty; plain	20,00	102,00
21112	Fast foods, hamburger; single, large patty; plain	20,00	54,00
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	20,00	44,00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	20,00	171,00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	20,00	164,00
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	20,00	169,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	20,00	169,00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	20,00	164,00
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	20,00	171,00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	20,00	72,00
21233	McDONALD'S, Cheeseburger	20,00	167,00
21237	McDONALD'S, BIG MAC	20,00	116,00
21248	WENDY'S, Frosty Dairy Dessert	20,00	128,00
21319	McDONALD'S, Hash Brown	20,00	19,00
21355	McDONALD'S, McCHICKEN Sandwich	20,00	88,00
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	20,00	96,00
21357	McDONALD'S, Egg McMUFFIN	20,00	192,00
21387	BURGER KING, Hash Brown Rounds	20,00	15,00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	20,00	94,00
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	--	20,00
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	20,00	30,00
21508	WEND'YS, Crispy Chicken Sandwich	20,00	37,00
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	20,00	93,00
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	20,00	93,00
22911	Chili, no beans, canned entree	20,00	30,00
22953	Egg rolls, pork, refrigerated, heated	20,00	34,00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	20,00	79,00
22977	Lasagna with meat sauce, frozen, prepared	20,00	88,00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	20,00	26,00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	20,00	19,00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	20,00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	20,00	5,00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	20,00	12,00
23094	Beef, chuck for stew, separable lean and fat, select, raw	20,00	14,00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	20,00	12,00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	20,00	12,00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	20,00	11,00
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	20,00	11,00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	20,00	11,00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	20,00	18,00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	20,00	19,00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	20,00	14,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	20,00	14,00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	20,00	14,00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	20,00	14,00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	20,00	14,00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	20,00	14,00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	20,00	5,00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	20,00	5,00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	20,00	9,00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	20,00	8,00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	20,00	9,00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	20,00	7,00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	20,00	6,00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	20,00	6,00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	20,00	6,00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	20,00	8,00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	20,00	14,00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	20,00	14,00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	20,00	6,00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	20,00	3,00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	20,00	4,00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	20,00	5,00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	20,00	6,00
23431	Beef, New Zealand, imported, ribs prepared, raw	20,00	15,00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	20,00	4,00
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	20,00	5,00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	20,00	5,00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	20,00	14,00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	20,00	8,00
23562	Beef, ground, 90% lean meat / 10% fat, raw	20,00	12,00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	20,00	18,00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	20,00	30,00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	20,00	32,00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	20,00	6,00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	20,00	6,00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	20,00	6,00
28327	Crackers, water biscuits	20,00	0,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
32012	Pizza rolls, frozen, unprepared	20,00	125,00
35145	Stew, hominy with mutton (Navajo)	20,00	8,00
36004	APPLEBEE'S, mozzarella sticks	20,00	319,00
36018	APPLEBEE'S, fish, hand battered	20,00	13,00
36031	DENNY'S, onion rings	20,00	22,00
36629	Restaurant, Chinese, orange chicken	20,00	14,00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	20,00	5,00
43135	Sandwich spread, meatless	20,00	44,00
43387	Turnip greens, canned, no salt added	20,00	118,00
80200	Frog legs, raw	20,00	18,00
93600	Turtle, green, raw	20,00	118,00
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	19,00	60,00
18430	Danish pastry, cinnamon, unenriched	19,00	71,00
18621	NABISCO, NABISCO RITZ Crackers	19,00	154,00
18932	Waffles, buttermilk, frozen, ready-to-heat	19,00	279,00
18954	Bread, pound cake type, pan de torta salvadoran	19,00	46,00
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	19,00	104,00
19227	Frostings, coconut-nut, ready-to-eat	19,00	13,00
19340	Sugars, maple	19,00	90,00
20082	Wheat flour, white, all-purpose, self-rising, enriched	19,00	338,00
20106	Macaroni, vegetable, enriched, cooked	19,00	11,00
21024	Fast foods, french toast sticks	19,00	53,00
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	19,00	95,00
21130	Fast foods, onion rings, breaded and fried	19,00	115,00
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	19,00	75,00
21243	WENDY'S, CLASSIC DOUBLE, with cheese	19,00	58,00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	19,00	78,00
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	19,00	123,00
21321	McDONALD'S, Hotcakes (plain)	19,00	84,00
21336	McDONALD'S, Hot Fudge Sundae	19,00	139,00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	19,00	107,00
21386	BURGER KING, french toast sticks	19,00	53,00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	19,00	68,00
21486	Fast foods, taco with beef, cheese and lettuce, soft	19,00	123,00
21509	BURGER KING, Onion Rings	19,00	115,00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	19,00	88,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	19,00	88,00
22915	Lasagna with meat & sauce, low-fat, frozen entree	19,00	108,00
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	19,00	9,00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	19,00	17,00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	19,00	14,00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19,00	12,00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	19,00	15,00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	19,00	14,00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19,00	14,00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,00	8,00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,00	8,00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	19,00	6,00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	19,00	6,00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	19,00	8,00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	19,00	5,00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	19,00	6,00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	19,00	4,00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	19,00	112,00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	19,00	6,00
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	19,00	4,00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	19,00	5,00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	19,00	7,00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	19,00	12,00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	19,00	8,00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	19,00	23,00
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	19,00	6,00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	19,00	6,00
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	19,00	6,00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,00	15,00
27047	Sauce, salsa, verde, ready-to-serve	19,00	9,00
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	19,00	--
28211	MURRAY, Chocolatey Chip Thins Cookies	19,00	--
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	19,00	137,00
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	19,00	137,00
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	19,00	--
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	19,00	493,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
31021	Potatoes, hash brown, refrigerated, unprepared	19,00	6,00
32019	Lasagna, cheese, frozen, unprepared	19,00	84,00
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	19,00	29,00
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	19,00	70,00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	19,00	99,00
36036	Restaurant, family style, onion rings	19,00	21,00
36416	Restaurant, Latino, bunuelos (fried yeast bread)	19,00	215,00
36605	CRACKER BARREL, country fried shrimp platter	19,00	43,00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	19,00	32,00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	19,00	8,00
01019	Cheese, feta	19,00	493,00
01057	Eggnog	19,00	130,00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	19,00	199,00
01164	Cheese sauce, prepared from recipe	19,00	311,00
01205	Cream substitute, flavored, liquid	19,00	6,00
03093	Babyfood, green beans, dices, toddler	19,00	27,00
03122	Babyfood, peas, dices, toddler	19,00	21,00
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	19,00	88,00
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	19,00	93,00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	19,00	92,00
03964	Babyfood, fortified cereal bar, fruit filling	19,00	1 053,00
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	19,00	14,00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	19,00	13,00
05027	Chicken, liver, all classes, raw	19,00	8,00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	19,00	11,00
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	19,00	26,00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	19,00	9,00
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	19,00	31,00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	19,00	11,00
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19,00	15,00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	19,00	18,00
05109	Chicken, roasting, meat and skin and giblets and neck, raw	19,00	10,00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	19,00	13,00
05141	Duck, domesticated, meat only, raw	19,00	11,00
05173	Turkey, gizzard, all classes, raw	19,00	16,00
05310	Chicken, cornish game hens, meat only, cooked, roasted	19,00	13,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
05311	Chicken, canned, no broth	19,00	14,00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	19,00	33,00
05668	Ground turkey, 85% lean, 15% fat, raw	19,00	33,00
05712	Turkey, retail parts, wing, meat only, raw	19,00	6,00
06007	Soup, bean with ham, canned, chunky, ready-to-serve	19,00	32,00
06026	Soup, chili beef, canned, condensed	19,00	33,00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	19,00	38,00
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	19,00	35,00
06451	Soup, pea, split with ham, canned, prepared with equal volume water	19,00	9,00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	19,00	9,00
07002	Beerwurst, beer salami, pork and beef	19,00	27,00
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	19,00	5,00
07051	Olive loaf, pork	19,00	109,00
07069	Salami, cooked, beef and pork	19,00	15,00
07081	Turkey breast, sliced, prepackaged	19,00	14,00
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	19,00	9,00
07931	Beerwurst, pork and beef	19,00	27,00
07955	Turkey sausage, fresh, raw	--	19,00
07974	Bacon, turkey, low sodium	19,00	10,00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	19,00	56,00
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	19,00	10,00
09293	Plums, dried (prunes), stewed, with added sugar	19,00	21,00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	19,00	12,00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	19,00	21,00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	19,00	51,00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	19,00	31,00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	19,00	27,00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	19,00	53,00
10103	Pork, fresh, variety meats and by-products, heart, raw	19,00	5,00
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	19,00	4,00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	19,00	8,00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	19,00	5,00
10219	Pork, fresh, ground, raw	19,00	14,00
10857	HORMEL Canadian Style Bacon	19,00	6,00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	19,00	12,00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	19,00	10,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	19,00	9,00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	19,00	8,00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	19,00	4,00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	19,00	9,00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	19,00	6,00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	19,00	8,00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	19,00	8,00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	19,00	11,00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	19,00	9,00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	19,00	11,00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	19,00	14,00
10973	Pork, ground, 96% lean / 4% fat, raw	19,00	15,00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	19,00	20,00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	19,00	42,00
11116	Cabbage, chinese (pak-choi), raw	19,00	105,00
11240	Mushrooms, morel, raw	19,00	43,00
11241	Kohlrabi, raw	19,00	24,00
11242	Kohlrabi, cooked, boiled, drained, without salt	19,00	25,00
11267	Mushrooms, shiitake, stir-fried	19,00	2,00
11306	Peas, green, canned, regular pack, solids and liquids	19,00	20,00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	19,00	21,00
11372	Potatoes, scalloped, home-prepared with butter	19,00	57,00
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	19,00	35,00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	19,00	15,00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	19,00	18,00
11489	Squash, winter, hubbard, raw	19,00	14,00
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	19,00	11,00
11551	Tomato products, canned, sauce, with mushrooms	19,00	13,00
11553	Tomato products, canned, sauce, with onions	19,00	17,00
11555	Tomato products, canned, sauce, with herbs and cheese	19,00	37,00
11605	Beets, harvard, canned, solids and liquids	19,00	11,00
11649	Tomato products, canned, sauce, spanish style	19,00	17,00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	19,00	42,00
11793	Kohlrabi, cooked, boiled, drained, with salt	19,00	25,00
11844	Potatoes, scalloped, home-prepared with margarine	19,00	57,00
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	19,00	15,00

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11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	19,00	18,00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	19,00	4,00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	19,00	4,00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	19,00	35,00
11944	Pickle relish, hot dog	19,00	5,00
11967	Cauliflower, green, cooked, no salt added	19,00	32,00
11968	Cauliflower, green, cooked, with salt	19,00	32,00
13047	Beef, grass-fed, ground, raw	19,00	12,00
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	19,00	17,00
13317	Beef, ground, patties, frozen, cooked, broiled	19,00	11,00
13334	Beef, variety meats and by-products, spleen, cooked, braised	19,00	12,00
13350	Beef, cured, dried	19,00	8,00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	19,00	15,00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	19,00	16,00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	19,00	17,00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	19,00	14,00
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	19,00	7,00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	19,00	6,00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	19,00	6,00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	19,00	6,00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	19,00	14,00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	19,00	14,00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	19,00	14,00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	19,00	14,00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	19,00	35,00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	19,00	12,00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	19,00	17,00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	19,00	17,00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	19,00	18,00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,00	17,00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,00	17,00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	19,00	17,00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,00	6,00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	19,00	16,00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	19,00	8,00
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,00	17,00

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13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,00	16,00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	19,00	18,00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	19,00	13,00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	19,00	13,00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	19,00	10,00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	19,00	10,00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	19,00	10,00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	19,00	10,00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	19,00	24,00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	19,00	12,00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19,00	12,00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,00	6,00
14024	Beverages, Whiskey sour mix, powder	19,00	272,00
14154	Beverages, Energy drink, RED BULL	19,00	6,00
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	19,00	127,00
15128	Fish, tuna salad	19,00	17,00
15157	Mollusks, clam, mixed species, raw	19,00	39,00
15234	Fish, catfish, channel, farmed, raw	19,00	8,00
16104	Bacon, meatless	19,00	23,00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	19,00	17,00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	19,00	8,00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	19,00	7,00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	19,00	23,00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	19,00	13,00
17199	Lamb, variety meats and by-products, liver, raw	19,00	7,00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	19,00	12,00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,00	14,00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	19,00	15,00
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	19,00	8,00
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	19,00	12,00
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	19,00	16,00
17330	Game meat , bison, ground, raw	19,00	11,00
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	19,00	9,00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	19,00	7,00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	19,00	6,00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	19,00	5,00

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17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	19,00	6,00
18027	Bread, egg	19,00	93,00
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	19,00	57,00
18095	Cake, cherry fudge with chocolate frosting	19,00	48,00
18107	Coffeecake, cinnamon with crumb topping, dry mix	19,00	148,00
18148	Cheesecake prepared from mix, no-bake type	19,00	172,00
18244	Danish pastry, cinnamon, enriched	19,00	71,00
18310	Pie, chocolate creme, commercially prepared	19,00	66,00
18327	Pie, pumpkin, prepared from recipe	19,00	94,00
18355	Sweet rolls, cheese	19,00	118,00
18367	Waffles, plain, prepared from recipe	19,00	255,00
01109	Milk, sheep, fluid	18,00	193,00
03681	Babyfood, cereal, barley, prepared with whole milk	18,00	162,00
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	18,00	153,00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	18,00	153,00
05020	Chicken, broilers or fryers, giblets, raw	18,00	10,00
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	18,00	14,00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	18,00	8,00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	18,00	7,00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	18,00	13,00
05127	Chicken, stewing, giblets, raw	18,00	10,00
05137	Chicken, capons, giblets, raw	18,00	10,00
05146	Goose, domesticated, meat and skin, raw	18,00	12,00
05180	Turkey from whole, neck, meat only, cooked, simmered	18,00	58,00
05307	Chicken, cornish game hens, meat and skin, raw	18,00	11,00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	18,00	13,00
05337	USDA Commodity, Chicken, canned, meat only, with water	18,00	10,00
05338	USDA Commodity, Chicken, canned, meat only, with broth	18,00	10,00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	18,00	15,00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	18,00	33,00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	18,00	14,00
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	18,00	16,00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	18,00	26,00
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	18,00	27,00
07019	Chorizo, pork and beef	18,00	8,00
07033	Ham and cheese spread	18,00	217,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
07044	USDA Commodity, luncheon meat, canned	18,00	5,00
07057	Pepperoni, beef and pork, sliced	18,00	19,00
07089	Sausage, Italian, pork, cooked	18,00	21,00
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	18,00	39,00
07925	Pastrami, beef, 98% fat-free	18,00	9,00
07965	Pork sausage, link/patty, reduced fat, unprepared	18,00	15,00
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	18,00	26,00
09001	Acerola, (west indian cherry), raw	18,00	12,00
09163	Blueberries, dried, sweetened	18,00	19,00
09190	Mulberries, raw	18,00	39,00
09267	Pineapple, canned, water pack, solids and liquids	18,00	15,00
09292	Plums, dried (prunes), stewed, without added sugar	18,00	19,00
09309	Rhubarb, frozen, uncooked	18,00	194,00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	18,00	30,00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	18,00	15,00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	18,00	24,00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	18,00	12,00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	18,00	28,00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	18,00	13,00
10110	Pork, fresh, variety meats and by-products, liver, raw	18,00	9,00
10121	Pork, fresh, variety meats and by-products, tongue, raw	18,00	16,00
10152	Pork, cured, ham, whole, separable lean only, unheated	18,00	7,00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	18,00	7,00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	18,00	8,00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	18,00	9,00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	18,00	7,00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	18,00	10,00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	18,00	8,00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	18,00	10,00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	18,00	19,00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	18,00	15,00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	18,00	20,00
11053	Beans, snap, green, cooked, boiled, drained, without salt	18,00	44,00
11082	Beets, canned, regular pack, solids and liquids	--	18,00
11092	Broccoli, frozen, chopped, unprepared	18,00	56,00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	18,00	26,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	18,00	69,00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	18,00	4,00
11234	Kale, cooked, boiled, drained, without salt	18,00	72,00
11235	Kale, frozen, unprepared	18,00	136,00
11236	Kale, frozen, cooked, boiled, drained, without salt	18,00	138,00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	18,00	23,00
11311	Peas, green, canned, drained solids, rinsed in tap water	18,00	24,00
11322	Peas and carrots, frozen, unprepared	18,00	27,00
11350	Pokeberry shoots, (poke), raw	18,00	53,00
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	18,00	9,00
11438	Salsify, cooked, boiled, drained, without salt	18,00	47,00
11477	Squash, summer, zucchini, includes skin, raw	18,00	16,00
11510	Sweet potato, cooked, boiled, without skin	18,00	27,00
11576	Turnip greens and turnips, frozen, unprepared	18,00	114,00
11602	Yam, cooked, boiled, drained, or baked, without salt	18,00	14,00
11657	Potatoes, mashed, home-prepared, whole milk added	18,00	24,00
11671	Potatoes, o'brien, home-prepared	18,00	36,00
11723	Beans, snap, green, cooked, boiled, drained, with salt	18,00	44,00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	18,00	26,00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	18,00	69,00
11790	Kale, cooked, boiled, drained, with salt	18,00	72,00
11791	Kale, frozen, cooked, boiled, drained, with salt	18,00	138,00
11852	Salsify, cooked, boiled, drained, with salt	18,00	47,00
11876	Sweet potato, cooked, boiled, without skin, with salt	18,00	27,00
11897	Yam, cooked, boiled, drained, or baked, with salt	18,00	14,00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	18,00	4,00
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	18,00	49,00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	18,00	24,00
11969	Broccoli, chinese, cooked	18,00	100,00
11987	Mushrooms, oyster, raw	18,00	3,00
12203	Nuts, chestnuts, japanese, boiled and steamed	18,00	11,00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	18,00	10,00
13325	Beef, variety meats and by-products, liver, raw	18,00	5,00
13331	Beef, variety meats and by-products, pancreas, raw	18,00	9,00
13353	Beef, cured, luncheon meat, jellied	18,00	10,00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	18,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	18,00	7,00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	18,00	6,00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	18,00	7,00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	18,00	6,00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	18,00	6,00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	18,00	13,00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	18,00	16,00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	18,00	6,00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	18,00	10,00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	18,00	7,00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	18,00	7,00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	18,00	6,00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	18,00	7,00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	18,00	6,00
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	18,00	95,00
14182	Beverages, chocolate syrup, prepared with whole milk	18,00	89,00
15028	Fish, flatfish (flounder and sole species), raw	18,00	21,00
15077	Fish, salmon, chinook, smoked	18,00	11,00
15159	Mollusks, clam, mixed species, cooked, moist heat	18,00	92,00
15167	Mollusks, oyster, eastern, wild, raw	18,00	59,00
15179	Fish, salmon, chinook, smoked, (lox), regular	18,00	11,00
15232	Fish, roughy, orange, cooked, dry heat	18,00	11,00
16004	Yokan, prepared from adzuki beans and sugar	18,00	27,00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	18,00	94,00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	18,00	15,00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	18,00	14,00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	18,00	27,00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	18,00	10,00
17193	Veal, variety meats and by-products, heart, raw	18,00	5,00
17194	Veal, variety meats and by-products, heart, cooked, braised	18,00	8,00
17209	Lamb, variety meats and by-products, mechanically separated, raw	18,00	162,00
17212	Veal, variety meats and by-products, pancreas, raw	18,00	19,00
17223	Veal, variety meats and by-products, tongue, cooked, braised	18,00	9,00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	18,00	7,00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	18,00	27,00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	18,00	7,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	--	18,00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	18,00	9,00
17369	Lamb, New Zealand, imported, liver, raw	18,00	4,00
17371	Lamb, New Zealand, imported, ground lamb, raw	18,00	4,00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	18,00	20,00
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	18,00	5,00
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	18,00	22,00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	18,00	5,00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	18,00	27,00
18016	Biscuits, plain or buttermilk, prepared from recipe	18,00	235,00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	18,00	136,00
18117	Cake, pudding-type, marble, dry mix	18,00	76,00
18193	Cookies, shortbread, commercially prepared, pecan	18,00	30,00
18229	Crackers, standard snack-type, regular	18,00	120,00
18316	Pie, coconut custard, commercially prepared	18,00	81,00
18361	Toaster pastries, brown-sugar-cinnamon	18,00	293,00
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	18,00	20,00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	18,00	53,00
19079	Candies, confectioner's coating, yogurt	18,00	205,00
19183	Puddings, chocolate, ready-to-eat	18,00	51,00
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	18,00	102,00
19225	Desserts, rennin, tablets, unsweetened	18,00	3 733,00
20018	Corn flour, yellow, degermed, unenriched	18,00	2,00
20094	Pasta, fresh-refrigerated, plain, cooked	18,00	6,00
20121	Pasta, cooked, enriched, without added salt	18,00	7,00
20321	Pasta, cooked, enriched, with added salt	18,00	7,00
20421	Pasta, cooked, unenriched, without added salt	18,00	7,00
20521	Pasta, cooked, unenriched, with added salt	18,00	7,00
21010	Fast foods, biscuit, with crispy chicken fillet	18,00	44,00
21012	Fast foods, croissant, with egg, cheese, and bacon	18,00	117,00
21032	Fast foods, sundae, caramel	18,00	122,00
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	18,00	103,00
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	18,00	34,00
21252	BURGER KING, WHOPPER, no cheese	18,00	39,00
21253	BURGER KING, WHOPPER, with cheese	18,00	82,00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	18,00	35,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
21340	McDONALD'S, Sausage Burrito	18,00	132,00
21359	McDONALD'S, Sausage McMUFFIN with Egg	18,00	172,00
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	18,00	35,00
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	18,00	46,00
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	18,00	73,00
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	18,00	73,00
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	18,00	132,00
21522	McDONALD'S, Southern Style Chicken Biscuit	18,00	44,00
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	18,00	152,00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	18,00	152,00
22916	Lasagna with meat & sauce, frozen entree	18,00	73,00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	18,00	27,00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	18,00	19,00
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	18,00	17,00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	18,00	15,00
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	18,00	15,00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	18,00	15,00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	18,00	12,00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	18,00	11,00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	18,00	10,00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	18,00	10,00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	18,00	11,00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	18,00	13,00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	18,00	14,00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	18,00	13,00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	18,00	14,00
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	18,00	5,00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	18,00	6,00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	18,00	14,00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	18,00	4,00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	18,00	4,00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	18,00	6,00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	18,00	7,00
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	18,00	7,00
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	18,00	5,00
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	18,00	5,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	18,00	13,00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	18,00	13,00
23507	USDA Commodity, beef, patties (100%), frozen, raw	18,00	7,00
23567	Beef, ground, 85% lean meat / 15% fat, raw	18,00	15,00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	18,00	28,00
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	18,00	17,00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	18,00	16,00
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	18,00	217,00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	18,00	357,00
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	18,00	357,00
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	18,00	357,00
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	18,00	--
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	18,00	208,00
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	18,00	113,00
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	18,00	--
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	18,00	--
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	18,00	--
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	18,00	--
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	18,00	43,00
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	18,00	197,00
35142	Frybread, made with lard (Navajo)	18,00	57,00
36019	APPLEBEE'S, chili	18,00	34,00
36037	Restaurant, family style, chili with meat and beans	18,00	34,00
36401	Restaurant, Latino, chicken and rice, entree, prepared	--	18,00
36601	Restaurant, Chinese, egg rolls, assorted	18,00	40,00
36618	Restaurant, Chinese, general tso's chicken	18,00	12,00
36631	OLIVE GARDEN, spaghetti with meat sauce	18,00	15,00
42280	Frankfurter, meat and poultry, low fat	18,00	12,00
43130	Frankfurter, meatless	18,00	33,00
43132	Meatballs, meatless	18,00	25,00
43137	Vegetarian meatloaf or patties	18,00	29,00
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	17,00	378,00
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	17,00	23,00
18972	Bread, cheese	17,00	90,00
19074	Candies, caramels	17,00	138,00
19205	Egg custards, dry mix, prepared with 2% milk	17,00	146,00

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19322	Puddings, coconut cream, dry mix, instant	17,00	8,00
21006	Fast foods, biscuit with egg and steak	17,00	93,00
21011	Fast foods, croissant, with egg and cheese	17,00	192,00
21013	Fast foods, croissant, with egg, cheese, and ham	17,00	95,00
21014	Fast foods, croissant, with egg, cheese, and sausage	17,00	90,00
21022	Fast foods, english muffin, with egg, cheese, and sausage	17,00	168,00
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	17,00	135,00
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	17,00	90,00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	17,00	231,00
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	17,00	135,00
21463	Yogurt parfait, lowfat, with fruit and granola	17,00	105,00
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	17,00	12,00
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	17,00	63,00
22970	Macaroni and cheese, frozen entree	17,00	114,00
22973	Corn dogs, frozen, prepared	17,00	72,00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	17,00	12,00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	17,00	16,00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	17,00	10,00
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	17,00	9,00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	17,00	10,00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	17,00	5,00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	17,00	5,00
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	17,00	5,00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	17,00	6,00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	17,00	5,00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	17,00	7,00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	17,00	13,00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	17,00	13,00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	17,00	7,00
23572	Beef, ground, 80% lean meat / 20% fat, raw	17,00	18,00
27048	Sauce, steak, tomato based	17,00	19,00
27051	Sauce, cocktail, ready-to-serve	17,00	26,00
28015	KELLOGG'S, EGGO, Waffles, Homestyle	17,00	232,00
28033	GIRL SCOUTS, Tagalongs Cookies	17,00	--
28073	KEEBLER, Danish Wedding Cookies	17,00	--
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	17,00	--

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	17,00	--
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	17,00	--
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	17,00	--
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	17,00	--
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	17,00	--
28290	Cookie, with peanut butter filling, chocolate-coated	17,00	35,00
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	--	17,00
32031	Salisbury steak with gravy, frozen	17,00	47,00
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	17,00	51,00
36022	APPLEBEE'S, crunchy onion rings	17,00	22,00
36040	CRACKER BARREL, macaroni n' cheese	17,00	145,00
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	17,00	146,00
36630	Restaurant, Italian, spaghetti with meat sauce	--	17,00
43128	Chicken, meatless	17,00	35,00
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	17,00	49,00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	17,00	183,00
01138	Egg, duck, whole, fresh, raw	17,00	64,00
01206	Cream substitute, flavored, powdered	17,00	5,00
03121	Babyfood, vegetables, peas, strained	17,00	18,00
03139	Babyfood, prunes, without vitamin c, strained	17,00	21,00
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	17,00	14,00
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	17,00	21,00
05088	Chicken, broilers or fryers, neck, meat only, raw	17,00	27,00
05115	Chicken, roasting, giblets, raw	17,00	10,00
05285	Turkey, diced, light and dark meat, seasoned	17,00	1,00
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	17,00	8,00
05734	Turkey, retail parts, wing, meat and skin, raw	17,00	8,00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	17,00	14,00
06402	Soup, black bean, canned, prepared with equal volume water	17,00	19,00
06404	Soup, bean with pork, canned, prepared with equal volume water	17,00	31,00
07001	Barbecue loaf, pork, beef	17,00	55,00
07008	Bologna, beef and pork	17,00	85,00
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	17,00	9,00
07921	Bacon and beef sticks	17,00	14,00
07935	Oven-roasted chicken breast roll	17,00	6,00
07936	Bologna, pork and turkey, lite	17,00	48,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	17,00	8,00
07979	Sausage, pork, turkey, and beef, reduced sodium	17,00	24,00
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	17,00	20,00
09046	Blackberries, canned, heavy syrup, solids and liquids	17,00	21,00
09062	Cherimoya, raw	17,00	10,00
09089	Figs, raw	17,00	35,00
09140	Guavas, strawberry, raw	17,00	21,00
09148	Kiwifruit, green, raw	17,00	34,00
09232	Passion-fruit juice, purple, raw	17,00	4,00
09233	Passion-fruit juice, yellow, raw	17,00	4,00
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	17,00	20,00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	17,00	35,00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	17,00	19,00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	17,00	9,00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	17,00	11,00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	17,00	6,00
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	17,00	8,00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	17,00	46,00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	17,00	5,00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	17,00	8,00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	17,00	8,00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	17,00	9,00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	17,00	8,00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	17,00	9,00
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	17,00	7,00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	17,00	9,00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	17,00	8,00
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	17,00	26,00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	17,00	44,00
11024	Balsam-pear (bitter gourd), pods, raw	17,00	19,00
11084	Beets, canned, drained solids	17,00	15,00
11113	Cabbage, red, cooked, boiled, drained, without salt	17,00	42,00
11174	Corn, sweet, yellow, canned, cream style, regular pack	17,00	3,00
11226	Jerusalem-artichokes, raw	17,00	14,00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	17,00	31,00
11399	Potato puffs, frozen, oven-heated	17,00	14,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11641	Squash, summer, all varieties, raw	17,00	15,00
11752	Cabbage, red, cooked, boiled, drained, with salt	17,00	42,00
11772	Corn, sweet, yellow, canned, cream style, no salt added	17,00	3,00
11812	Peas, green, canned, no salt added, solids and liquids	17,00	18,00
11813	Peas, green, canned, no salt added, drained solids	17,00	20,00
11907	Corn, sweet, white, canned, cream style, no salt added	17,00	3,00
11957	Fennel, bulb, raw	17,00	49,00
11976	Pepper, banana, raw	17,00	14,00
12116	Nuts, coconut cream, canned, sweetened	17,00	4,00
13001	Beef, carcass, separable lean and fat, choice, raw	17,00	8,00
13002	Beef, carcass, separable lean and fat, select, raw	17,00	8,00
13323	Beef, variety meats and by-products, kidneys, raw	17,00	13,00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	17,00	485,00
13355	Beef, cured, pastrami	17,00	10,00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	17,00	6,00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	17,00	6,00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	17,00	6,00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	17,00	18,00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	17,00	18,00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	17,00	19,00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	17,00	33,00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	17,00	10,00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	17,00	10,00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	17,00	10,00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	17,00	9,00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	17,00	10,00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	17,00	6,00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	17,00	6,00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	17,00	19,00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	17,00	18,00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	17,00	18,00
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	17,00	117,00
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	17,00	139,00
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	17,00	48,00
15013	Fish, cisco, raw	17,00	12,00
15014	Fish, cisco, smoked	17,00	26,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
15073	Fish, roughy, orange, raw	17,00	9,00
15206	Fish, pout, ocean, cooked, dry heat	17,00	13,00
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	17,00	10,00
17191	Lamb, variety meats and by-products, heart, raw	17,00	6,00
17195	Lamb, variety meats and by-products, kidneys, raw	17,00	13,00
17216	Veal, variety meats and by-products, spleen, raw	17,00	6,00
17222	Veal, variety meats and by-products, tongue, raw	17,00	7,00
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	17,00	19,00
18009	Biscuits, plain or buttermilk, frozen, baked	17,00	49,00
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	17,00	19,00
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	17,00	51,00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	17,00	135,00
18071	Bread, white, prepared from recipe, made with nonfat dry milk	17,00	32,00
18106	Coffeecake, fruit	17,00	45,00
18200	Cookies, oatmeal, commercially prepared, special dietary	17,00	54,00
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	17,00	40,00
18250	Doughnuts, cake-type, plain, sugared or glazed	17,00	60,00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	17,00	101,00
18268	French toast, frozen, ready-to-heat	17,00	107,00
18269	French toast, prepared from recipe, made with low fat (2%) milk	17,00	100,00
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	17,00	200,00
18314	Pie, coconut cream, prepared from mix, no-bake type	17,00	72,00
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	17,00	21,00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	17,00	72,00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	16,00	143,00
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	16,00	142,00
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	16,00	143,00
01110	Milk shakes, thick chocolate	16,00	132,00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	16,00	171,00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	16,00	169,00
01139	Egg, goose, whole, fresh, raw	16,00	60,00
01159	Cheese, goat, soft type	16,00	140,00
01168	Cheese, low fat, cheddar or colby	16,00	415,00
01199	Cream, half and half, fat free	16,00	96,00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	16,00	152,00
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	16,00	152,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	16,00	171,00
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	16,00	171,00
01239	Ice cream cookie sandwich	16,00	73,00
01265	Cheese, cheddar, nonfat or fat free	16,00	893,00
01295	Yogurt, vanilla, non-fat	16,00	118,00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	16,00	18,00
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16,00	31,00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	16,00	44,00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	16,00	11,00
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	16,00	20,00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	16,00	12,00
05140	Duck, domesticated, meat and skin, cooked, roasted	16,00	11,00
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	16,00	7,00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	16,00	10,00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	16,00	9,00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	16,00	8,00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	16,00	14,00
06631	Sauce, hot chile, sriracha	16,00	18,00
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	16,00	15,00
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	16,00	20,00
07011	Bologna, turkey	16,00	123,00
07015	Brotwurst, pork, beef, link	16,00	48,00
07027	Ham, chopped, not canned	16,00	7,00
07030	Ham, minced	16,00	10,00
07032	Ham and cheese loaf or roll	16,00	58,00
07061	Mother's loaf, pork	16,00	43,00
07064	Pork sausage, link/patty, cooked, pan-fried	16,00	9,00
07077	Smoked link sausage, pork and beef, nonfat dry milk added	16,00	41,00
07088	Honey roll sausage, beef	16,00	9,00
07091	New england brand sausage, pork, beef	16,00	7,00
07254	Turkey bacon, unprepared	16,00	80,00
07900	Turkey, pork, and beef sausage, low fat, smoked	16,00	10,00
07910	Bratwurst, veal, cooked	16,00	11,00
07919	Sausage, turkey, breakfast links, mild	16,00	32,00
07960	Bologna, chicken, pork	16,00	196,00
07968	Kielbasa, fully cooked, grilled	16,00	42,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	16,00	19,00
08116	Cereals, MALT-O-MEAL, original, plain, dry	16,00	286,00
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	16,00	8,00
09011	Apples, dried, sulfured, uncooked	16,00	14,00
09057	Boysenberries, frozen, unsweetened	16,00	27,00
09061	Carissa, (natal-plum), raw	16,00	11,00
09175	Mammy-apple, (mamey), raw	16,00	11,00
09260	Pears, dried, sulfured, stewed, without added sugar	--	16,00
09269	Pineapple, canned, light syrup pack, solids and liquids	16,00	14,00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	16,00	14,00
09448	Nance, canned, syrup, drained	16,00	42,00
10088	Pork, fresh, spareribs, separable lean and fat, raw	16,00	15,00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	16,00	315,00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	16,00	7,00
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	16,00	11,00
10184	Pork, cured, ham, extra lean and regular, canned, unheated	16,00	6,00
10192	Pork, fresh, backribs, separable lean and fat, raw	16,00	31,00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	16,00	7,00
10894	Pork, cured, ham, separable fat, boneless, heated	16,00	6,00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	16,00	8,00
10972	Pork, ground, 84% lean / 16% fat, raw	16,00	15,00
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	16,00	9,00
11094	Broccoli, frozen, spears, unprepared	16,00	41,00
11112	Cabbage, red, raw	16,00	45,00
11292	Onions, young green, tops only	16,00	52,00
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	16,00	23,00
11324	Peas and onions, canned, solids and liquids	16,00	17,00
11398	Potato puffs, frozen, unprepared	16,00	13,00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	16,00	7,00
11426	Pumpkin pie mix, canned	16,00	37,00
11430	Radishes, oriental, raw	16,00	27,00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	16,00	22,00
11581	Vegetables, mixed, canned, drained solids	16,00	27,00
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	16,00	9,00
11735	Beets, canned, no salt added, solids and liquids	16,00	13,00
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	16,00	23,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	16,00	22,00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	16,00	4,00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	16,00	4,00
11950	Mushrooms, enoki, raw	16,00	0,00
11981	Peppers, hungarian, raw	16,00	12,00
12129	Nuts, ginkgo nuts, canned	16,00	4,00
13166	USDA Commodity, beef, canned	16,00	10,00
13339	Beef, variety meats and by-products, tongue, raw	16,00	6,00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	16,00	12,00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	16,00	9,00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	16,00	9,00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	16,00	9,00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	16,00	8,00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	16,00	8,00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	16,00	19,00
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	16,00	119,00
14632	Beverages, Meal supplement drink, canned, peanut flavor	16,00	110,00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	16,00	15,00
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	16,00	127,00
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	16,00	124,00
16235	SILK Plain, soymilk	16,00	123,00
16236	SILK Vanilla, soymilk	16,00	123,00
16237	SILK Chocolate, soymilk	16,00	123,00
16238	SILK Light Plain, soymilk	16,00	123,00
16239	SILK Light Vanilla, soymilk	16,00	123,00
16240	SILK Light Chocolate, soymilk	16,00	123,00
16241	SILK Plus Omega-3 DHA, soymilk	16,00	144,00
16242	SILK Plus for Bone Health, soymilk	16,00	165,00
16243	SILK Plus Fiber, soymilk	16,00	123,00
16244	SILK Unsweetened, soymilk	16,00	123,00
16245	SILK Very Vanilla, soymilk	16,00	144,00
17189	Veal, variety meats and by-products, brain, cooked, braised	--	16,00
17197	Veal, variety meats and by-products, kidneys, raw	16,00	11,00
17221	Lamb, variety meats and by-products, tongue, cooked, braised	16,00	10,00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	16,00	11,00
17367	Lamb, New Zealand, imported, kidney, raw	16,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	16,00	8,00
18110	Cake, fruitcake, commercially prepared	16,00	33,00
18126	Cake, shortcake, biscuit-type, prepared from recipe	16,00	205,00
18174	Cookies, graham crackers, chocolate-coated	16,00	46,00
18209	Cookies, sugar wafers with creme filling, regular	16,00	27,00
18211	Puff pastry, frozen, ready-to-bake, baked	16,00	10,00
18239	Croissants, butter	16,00	37,00
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	16,00	189,00
18293	Pancakes, plain, prepared from recipe	16,00	219,00
18294	Pancakes, blueberry, prepared from recipe	16,00	206,00
18304	Pie, banana cream, prepared from recipe	16,00	75,00
18337	Puff pastry, frozen, ready-to-bake	16,00	10,00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	16,00	18,00
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	16,00	24,00
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	16,00	24,00
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	16,00	31,00
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	16,00	22,00
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	16,00	72,00
18951	Waffles, chocolate chip, frozen, ready-to-heat	16,00	357,00
19170	Egg custards, dry mix, prepared with whole milk	16,00	139,00
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	16,00	113,00
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	16,00	111,00
20030	Hominy, canned, white	16,00	10,00
20084	Wheat flour, white, cake, enriched	16,00	14,00
20330	Hominy, canned, yellow	16,00	10,00
21003	Fast foods, biscuit, with egg and bacon	16,00	126,00
21004	Fast foods, biscuit, with egg and ham	16,00	115,00
21034	Fast foods, sundae, strawberry	16,00	105,00
21059	Fast foods, shrimp, breaded and fried	16,00	29,00
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	16,00	74,00
21419	KFC, biscuit	16,00	55,00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	16,00	60,00
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	16,00	60,00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	16,00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	16,00	14,00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	16,00	15,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	16,00	14,00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	16,00	17,00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	16,00	17,00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	16,00	6,00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	16,00	4,00
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	16,00	4,00
27056	Sauce, barbecue, BULL'S-EYE, original	16,00	43,00
27057	Sauce, barbecue, KC MASTERPIECE, original	16,00	40,00
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	16,00	455,00
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	16,00	455,00
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	16,00	--
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	16,00	--
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	16,00	--
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	16,00	--
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	16,00	--
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	16,00	--
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	16,00	--
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	16,00	--
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	16,00	--
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	16,00	103,00
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	16,00	89,00
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	16,00	--
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	16,00	--
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	16,00	--
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	16,00	357,00
28305	Pancakes, plain, reduced fat	16,00	57,00
32025	Dumpling, potato- or cheese-filled, frozen	16,00	35,00
32028	Turnover, filled with egg, meat and cheese, frozen	16,00	79,00
32032	Sausage, egg and cheese breakfast biscuit	16,00	136,00
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	16,00	33,00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	16,00	15,00
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	16,00	11,00
36617	Restaurant, Chinese, lemon chicken	16,00	40,00
36620	Restaurant, Chinese, shrimp and vegetables	16,00	36,00
18386	Muffins, blueberry, toaster-type, toasted	15,00	14,00
18390	Pancakes, buttermilk, prepared from recipe	15,00	157,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	15,00	46,00
18433	Danish pastry, lemon, unenriched	15,00	46,00
18435	Danish pastry, raspberry, unenriched	15,00	46,00
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	15,00	20,00
18959	Pastry, Pastelitos de Guava (guava pastries)	15,00	14,00
19235	Puddings, chocolate, ready-to-eat, fat free	15,00	39,00
19265	Ice creams, chocolate, light, no sugar added	15,00	121,00
19324	Puddings, coconut cream, dry mix, regular	15,00	8,00
21007	Fast foods, biscuit, with egg, cheese, and bacon	15,00	103,00
21139	Fast foods, potato, mashed	15,00	18,00
21142	Fast food, biscuit	15,00	70,00
21341	McDONALD'S, BIG BREAKFAST	15,00	51,00
22401	Spaghetti with meat sauce, frozen entree	15,00	18,00
22899	Ravioli, cheese-filled, canned	15,00	33,00
22971	Potato salad with egg	--	15,00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	15,00	16,00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	15,00	16,00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	15,00	17,00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	15,00	17,00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	15,00	16,00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	15,00	16,00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	15,00	16,00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	15,00	17,00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	15,00	17,00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	15,00	16,00
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	15,00	9,00
23438	Beef, New Zealand, imported, sweetbread, raw	15,00	4,00
23577	Beef, ground, 75% lean meat / 25% fat, raw	15,00	21,00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	15,00	81,00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	15,00	357,00
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	15,00	272,00
28014	KELLOGG'S, EGGO, Waffles, French Toast	15,00	222,00
28132	KEEBLER, Toasted Coconut Cookies	15,00	--
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15,00	--
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15,00	--
28155	KEEBLER, Waffle Bowls	15,00	--

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
28156	KEEBLER, Waffle Cones	15,00	--
28209	MOTHER'S, Taffy Sandwich Cookies	15,00	--
28229	MURRAY, SUGAR FREE, Shortbread Cookies	15,00	--
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	15,00	147,00
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	15,00	104,00
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	15,00	75,00
28253	SUNSHINE, CHEEZ-IT, Snack Mix	15,00	84,00
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	15,00	--
28280	SUNSHINE, CHEEZ-IT, Original Crackers	15,00	147,00
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	15,00	28,00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	15,00	33,00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	15,00	85,00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	15,00	137,00
36044	ON THE BORDER, Mexican rice	15,00	39,00
36603	Restaurant, Chinese, beef and vegetables	15,00	22,00
36621	Restaurant, Chinese, sweet and sour chicken	15,00	45,00
36626	Restaurant, Chinese, chicken and vegetables	15,00	20,00
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	--	15,00
42150	Babyfood, apple yogurt dessert, strained	15,00	6,00
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	15,00	51,00
42278	Babyfood, vegetable and brown rice, strained	15,00	14,00
43144	Cabbage, mustard, salted	15,00	67,00
43217	Tomato sauce, canned, no salt added	15,00	14,00
43261	Yogurt, fruit variety, nonfat	15,00	152,00
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	15,00	21,00
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	15,00	12,00
43529	Babyfood, rice and apples, dry	15,00	850,00
01037	Cheese, ricotta, part skim milk	15,00	272,00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	15,00	129,00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	15,00	152,00
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	15,00	143,00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	15,00	152,00
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	15,00	152,00
01226	Egg substitute, liquid or frozen, fat free	15,00	73,00
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	15,00	22,00
03055	Babyfood, dinner, beef with vegetables	15,00	19,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03112	Babyfood, potatoes, toddler	15,00	4,00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	15,00	107,00
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	15,00	98,00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	15,00	139,00
04707	Oil, flaxseed, contains added sliced flaxseed	15,00	9,00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	15,00	14,00
05023	Chicken, gizzard, all classes, raw	15,00	11,00
05025	Chicken, heart, all classes, raw	15,00	12,00
05048	Chicken, broilers or fryers, back, meat and skin, raw	15,00	13,00
05139	Duck, domesticated, meat and skin, raw	15,00	11,00
05179	Turkey from whole, neck, meat only, raw	15,00	24,00
05236	Turkey, young hen, skin only, cooked, roasted	15,00	32,00
05300	Turkey sticks, breaded, battered, fried	15,00	14,00
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	15,00	8,00
06164	Sauce, salsa, ready-to-serve	15,00	30,00
06165	Sauce, homemade, white, thin	15,00	126,00
06307	Sauce, barbecue, KRAFT, original	15,00	47,00
06449	Soup, pea, green, canned, prepared with equal volume water	15,00	12,00
06965	Soup, pea, low sodium, prepared with equal volume water	15,00	12,00
07004	Sausage, Berliner, pork, beef	15,00	12,00
07021	Dutch brand loaf, chicken, pork and beef	15,00	7,00
07062	Picnic loaf, pork, beef	15,00	47,00
07063	Pork sausage, link/patty, unprepared	15,00	8,00
07922	Bratwurst, beef and pork, smoked	15,00	7,00
07939	Frankfurter, pork	15,00	267,00
07949	Frankfurter, meat, heated	15,00	99,00
07950	Frankfurter, meat	15,00	99,00
07952	Bologna, chicken, turkey, pork	15,00	82,00
07953	Pork sausage, link/patty, fully cooked, microwaved	15,00	17,00
07959	Bologna, chicken, pork, beef	15,00	92,00
07969	Kielbasa, fully cooked, pan-fried	15,00	40,00
07971	Bologna, meat and poultry	15,00	125,00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	15,00	318,00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	15,00	3,00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	15,00	378,00
09034	Apricots, dried, sulfured, stewed, with added sugar	--	15,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
09145	Java-plum, (jambolan), raw	15,00	19,00
09156	Lemon peel, raw	15,00	134,00
09261	Pears, dried, sulfured, stewed, with added sugar	--	15,00
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	15,00	14,00
09288	Prunes, canned, heavy syrup pack, solids and liquids	15,00	17,00
09354	Pineapple, canned, juice pack, drained	15,00	16,00
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	15,00	18,00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	15,00	13,00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	15,00	7,00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	--	15,00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	15,00	8,00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	15,00	9,00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	15,00	8,00
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	15,00	6,00
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	15,00	8,00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	15,00	8,00
11050	Beans, shellie, canned, solids and liquids	15,00	29,00
11110	Cabbage, cooked, boiled, drained, without salt	15,00	48,00
11135	Cauliflower, raw	15,00	22,00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	15,00	4,00
11213	Endive, raw	15,00	52,00
11264	Mushrooms, canned, drained solids	15,00	11,00
11272	Mustard greens, frozen, unprepared	15,00	116,00
11310	Peas, green, canned, seasoned, solids and liquids	--	15,00
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	15,00	83,00
11414	Potato salad, home-prepared	15,00	19,00
11549	Tomato products, canned, sauce	15,00	14,00
11579	Vegetables, mixed, canned, solids and liquids	15,00	21,00
11609	Beets, pickled, canned, solids and liquids	15,00	11,00
11632	Peppers, jalapeno, canned, solids and liquids	15,00	23,00
11656	Corn pudding, home prepared	15,00	39,00
11660	Tomatoes, red, ripe, cooked, stewed	15,00	26,00
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	15,00	47,00
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	15,00	47,00
11751	Cabbage, common, cooked, boiled, drained, with salt	15,00	48,00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	15,00	4,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11906	Corn, sweet, white, canned, cream style, regular pack	15,00	4,00
11979	Peppers, jalapeno, raw	15,00	12,00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	15,00	12,00
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	15,00	9,00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	15,00	5,00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	15,00	16,00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	15,00	16,00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	15,00	16,00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	15,00	16,00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	15,00	14,00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	15,00	14,00
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	15,00	8,00
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	15,00	8,00
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	15,00	123,00
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	15,00	98,00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	15,00	123,00
16166	Soymilk, chocolate, unfortified	15,00	25,00
16168	Soymilk, chocolate, with added calcium, vitamins A and D	15,00	126,00
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	15,00	123,00
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	15,00	123,00
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	15,00	60,00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	15,00	13,00
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	15,00	10,00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	15,00	14,00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	15,00	17,00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	15,00	18,00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	15,00	17,00
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	15,00	6,00
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	15,00	4,00
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	15,00	6,00
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	15,00	6,00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	15,00	8,00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	15,00	6,00
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	15,00	26,00
18103	Coffeecake, cheese	15,00	59,00
18105	Coffeecake, creme-filled with chocolate frosting	15,00	38,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18245	Danish pastry, cheese	15,00	35,00
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	15,00	46,00
18320	Pie, lemon meringue, commercially prepared	15,00	56,00
18332	Pie crust, standard-type, dry mix	15,00	61,00
18333	Pie crust, standard-type, dry mix, prepared, baked	15,00	60,00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	15,00	19,00
18338	Phyllo dough	15,00	11,00
01020	Cheese, fontina	14,00	550,00
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	14,00	128,00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	14,00	128,00
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	14,00	109,00
01106	Milk, goat, fluid, with added vitamin D	14,00	134,00
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	14,00	194,00
03014	Babyfood, meat, chicken sticks, junior	14,00	73,00
03068	Babyfood, dinner, chicken noodle, strained	14,00	27,00
03073	Babyfood, dinner, vegetables chicken, strained	14,00	27,00
03098	Babyfood, vegetables, beets, strained	--	14,00
03104	Babyfood, vegetables, squash, strained	14,00	24,00
03105	Babyfood, vegetables, squash, junior	14,00	24,00
03176	Babyfood, juice, orange and banana	14,00	17,00
03217	Zwieback	14,00	20,00
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	14,00	11,00
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	14,00	53,00
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	14,00	120,00
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	14,00	134,00
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	14,00	123,00
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	14,00	134,00
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	14,00	133,00
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	14,00	118,00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	--	14,00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	14,00	9,00
06159	Soup, tomato, canned, condensed	14,00	13,00
06166	Sauce, homemade, white, medium	14,00	118,00
06167	Sauce, homemade, white, thick	14,00	111,00
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	14,00	17,00
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	14,00	16,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
06377	CAMPBELL'S, Tomato Soup, condensed	14,00	13,00
06956	Soup, tomato, canned, condensed, reduced sodium	14,00	13,00
07010	Bologna, pork	14,00	11,00
07025	Frankfurter, turkey	14,00	148,00
07036	Sausage, Italian, pork, raw	14,00	18,00
07052	Pastrami, turkey	14,00	11,00
07059	Polish sausage, pork	14,00	12,00
07078	Thuringer, cervelat, summer sausage, beef, pork	14,00	9,00
07090	Luncheon sausage, pork and beef	14,00	13,00
07201	OSCAR MAYER, Bologna (beef)	14,00	12,00
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	14,00	9,00
07905	Frankfurter, beef, pork, and turkey, fat free	14,00	54,00
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	14,00	0,00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	14,00	0,00
07915	Sausage, Polish, beef with chicken, hot	14,00	12,00
07924	Bratwurst, pork, beef and turkey, lite, smoked	--	14,00
07928	Sausage, chicken, beef, pork, skinless, smoked	14,00	100,00
07937	Bologna, pork, turkey and beef	14,00	31,00
07956	Beef sausage, fresh, cooked	14,00	11,00
07970	Kielbasa, fully cooked, unheated	14,00	24,00
09129	Grapes, muscadine, raw	14,00	37,00
09185	Melon balls, frozen	14,00	10,00
09205	Oranges, raw, with peel	14,00	70,00
09268	Pineapple, canned, juice pack, solids and liquids	--	14,00
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	14,00	13,00
09294	Prune juice, canned	14,00	12,00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	14,00	10,00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	14,00	10,00
10096	Pork, fresh, variety meats and by-products, brain, raw	14,00	10,00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	14,00	10,00
10112	Pork, fresh, variety meats and by-products, lungs, raw	14,00	7,00
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	14,00	8,00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	14,00	10,00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	14,00	9,00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	14,00	8,00
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	14,00	6,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11011	Asparagus, raw	14,00	24,00
11012	Asparagus, cooked, boiled, drained	14,00	23,00
11018	Asparagus, frozen, unprepared	14,00	25,00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	14,00	12,00
11106	Butterbur, (fuki), raw	14,00	103,00
11118	Cabbage, kimchi	14,00	33,00
11209	Eggplant, raw	14,00	9,00
11220	Gourd, dishcloth (towelgourd), raw	14,00	20,00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	14,00	30,00
11251	Lettuce, cos or romaine, raw	14,00	33,00
11269	Mushrooms, shiitake, cooked, without salt	14,00	3,00
11295	Onion rings, breaded, par fried, frozen, unprepared	14,00	46,00
11318	Peas and carrots, canned, regular pack, solids and liquids	14,00	23,00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	14,00	7,00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	14,00	53,00
11374	Potatoes, canned, solids and liquids	14,00	39,00
11376	Potatoes, canned, drained solids	14,00	5,00
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	14,00	36,00
11481	Squash, summer, zucchini, italian style, canned	14,00	17,00
11487	Squash, winter, butternut, frozen, unprepared	14,00	29,00
11567	Turnips, frozen, cooked, boiled, drained, without salt	14,00	32,00
11643	Squash, winter, all varieties, raw	14,00	28,00
11655	Carrot juice, canned	14,00	24,00
11705	Asparagus, cooked, boiled, drained, with salt	14,00	23,00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	14,00	12,00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	14,00	30,00
11798	Mushrooms, shiitake, cooked, with salt	14,00	3,00
11816	Peas and carrots, canned, no salt added, solids and liquids	14,00	23,00
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	14,00	7,00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	14,00	53,00
11890	Turnips, frozen, cooked, boiled, drained, with salt	14,00	32,00
11975	Grape leaves, canned	14,00	289,00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	14,00	9,00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	14,00	20,00
13328	Beef, variety meats and by-products, lungs, raw	14,00	10,00
13337	Beef, variety meats and by-products, thymus, raw	14,00	7,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
13346	Beef, cured, corned beef, brisket, raw	14,00	7,00
13348	Beef, cured, corned beef, canned	14,00	12,00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	14,00	16,00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	14,00	16,00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	14,00	13,00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	14,00	13,00
13498	Beef, ground, 70% lean meat / 30% fat, raw	14,00	24,00
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	14,00	141,00
15158	Mollusks, clam, mixed species, cooked, breaded and fried	14,00	63,00
17186	Lamb, variety meats and by-products, brain, cooked, braised	14,00	12,00
17188	Veal, variety meats and by-products, brain, raw	14,00	10,00
17205	Lamb, variety meats and by-products, lungs, raw	14,00	10,00
17217	Veal, variety meats and by-products, spleen, cooked, braised	14,00	7,00
17358	Lamb, New Zealand, imported, brains, raw	14,00	4,00
17375	Lamb, New Zealand, imported, sweetbread, raw	14,00	2,00
18019	Bread, banana, prepared from recipe, made with margarine	14,00	21,00
18192	Cookies, shortbread, commercially prepared, plain	14,00	13,00
18210	Cookies, vanilla sandwich with creme filling	14,00	27,00
18212	Cookies, vanilla wafers, lower fat	14,00	48,00
18281	Muffins, corn, toaster-type	14,00	19,00
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	14,00	78,00
18322	Pie, mince, prepared from recipe	14,00	22,00
18326	Pie, pumpkin, commercially prepared	14,00	64,00
18336	Pie crust, standard-type, prepared from recipe, baked	14,00	10,00
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	14,00	25,00
18964	Cinnamon buns, frosted (includes honey buns)	14,00	183,00
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	14,00	124,00
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	14,00	133,00
19013	Snacks, fruit leather, pieces	14,00	18,00
19088	Ice creams, vanilla, light	14,00	161,00
19095	Ice creams, vanilla	14,00	128,00
19096	Ice creams, vanilla, light, soft-serve	14,00	157,00
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	14,00	102,00
19271	Ice creams, strawberry	14,00	120,00
19274	Snacks, fruit leather, pieces, with vitamin C	14,00	18,00
19293	Frozen yogurts, vanilla, soft-serve	14,00	143,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	14,00	100,00
19898	Ice creams, regular, low carbohydrate, vanilla	14,00	128,00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	14,00	22,00
20097	Pasta, homemade, made with egg, cooked	14,00	10,00
20098	Pasta, homemade, made without egg, cooked	14,00	6,00
21002	Fast foods, biscuit, with egg	14,00	60,00
21018	Fast foods, egg, scrambled	14,00	57,00
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	14,00	96,00
21306	Fast foods, griddle cake sandwich, sausage	14,00	63,00
21328	McDONALD'S, Sausage McGRIDDLES	14,00	63,00
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	14,00	96,00
21339	McDONALD'S, McFLURRY with OREO cookies	14,00	129,00
21364	McDONALD'S, Hotcakes and Sausage	14,00	78,00
21380	McDONALD'S, Fruit 'n Yogurt Parfait	14,00	86,00
21413	Light Ice Cream, soft serve, blended with cookie pieces	14,00	129,00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	14,00	60,00
22914	Pasta with tomato sauce, no meat, canned	14,00	13,00
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	14,00	13,00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	14,00	13,00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	14,00	13,00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	14,00	7,00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	14,00	47,00
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	14,00	500,00
28023	KELLOGG'S, SIMPLY EGGO, Original	14,00	--
28024	KELLOGG'S, EGGO, Waffles, Strawberry	14,00	143,00
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	14,00	--
28310	Cookies, shortbread, reduced fat	14,00	13,00
31036	Potatoes, mashed, ready-to-eat	14,00	34,00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	14,00	89,00
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	14,00	17,00
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	14,00	8,00
36625	Restaurant, Chinese, vegetable lo mein, without meat	14,00	21,00
42190	Pork sausage rice links, brown and serve, cooked	14,00	15,00
43311	Potatoes, canned, drained solids, no salt added	14,00	5,00
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	14,00	8,00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	13,00	64,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	13,00	52,00
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	13,00	144,00
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	13,00	--
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	13,00	111,00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	13,00	217,00
19110	Candies, KRACKEL Chocolate Bar	13,00	158,00
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	13,00	109,00
19195	Puddings, rice, dry mix, prepared with whole milk	13,00	103,00
19208	Puddings, rice, dry mix, prepared with 2% milk	13,00	105,00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	13,00	3,00
20051	Rice, white, medium-grain, enriched, cooked	13,00	3,00
20451	Rice, white, medium-grain, cooked, unenriched	13,00	3,00
21005	Fast Foods, biscuit, with egg and sausage	13,00	51,00
21009	Fast foods, biscuit, with sausage	13,00	47,00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	13,00	129,00
21118	Fast foods, hotdog, plain	13,00	24,00
21310	McDONALD'S, Barbeque Sauce	13,00	11,00
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	13,00	129,00
21361	McDONALD'S, Sausage Biscuit	13,00	55,00
21362	McDONALD'S, Sausage Biscuit with Egg	13,00	58,00
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	13,00	50,00
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	13,00	57,00
21388	Fast foods, miniature cinnamon rolls	13,00	54,00
21415	POPEYES, biscuit	13,00	108,00
22529	Beef Pot Pie, frozen entree, prepared	13,00	14,00
22908	Beef, corned beef hash, with potato, canned	13,00	19,00
22912	Spaghetti, with meatballs in tomato sauce, canned	13,00	29,00
22919	Macaroni and Cheese, canned, microwavable	13,00	57,00
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	13,00	60,00
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	13,00	23,00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	13,00	14,00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	13,00	14,00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	13,00	9,00
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	13,00	14,00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	13,00	46,00
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	13,00	293,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	13,00	293,00
28043	KEEBLER, ANIMALS, Cookies	13,00	375,00
28046	KEEBLER, ANIMALS, Crackers	13,00	345,00
28065	KEEBLER, CLUB, Minis Original Crackers	13,00	--
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	13,00	--
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	13,00	--
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	13,00	--
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	13,00	--
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	13,00	--
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	13,00	116,00
28293	Cookie, butter or sugar, with chocolate icing or filling	13,00	19,00
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	13,00	14,00
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	13,00	180,00
28368	SCHAR, Gluten-Free, Classic White Rolls	13,00	180,00
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	13,00	18,00
36417	Restaurant, Mexican, spanish rice	13,00	20,00
36622	Restaurant, Chinese, sweet and sour pork	13,00	46,00
42189	Milk, buttermilk, fluid, cultured, reduced fat	13,00	143,00
43536	Babyfood, dessert, peach yogurt	13,00	27,00
43537	Babyfood, dessert, blueberry yogurt, strained	13,00	25,00
01041	Cheese, tilsit	13,00	700,00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	13,00	128,00
01060	Milk, filled, fluid, with lauric acid oil	13,00	128,00
01078	Milk, producer, fluid, 3.7% milkfat	13,00	119,00
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	13,00	112,00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	13,00	129,00
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	13,00	138,00
01128	Egg, whole, cooked, fried	13,00	62,00
01140	Egg, quail, whole, fresh, raw	13,00	64,00
01141	Egg, turkey, whole, fresh, raw	13,00	99,00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	13,00	143,00
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	13,00	138,00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	13,00	143,00
03008	Babyfood, meat, ham, strained	13,00	6,00
03010	Babyfood, meat, lamb, strained	13,00	7,00
03012	Babyfood, meat, chicken, strained	13,00	64,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03084	Babyfood, dinner, vegetables and turkey, strained	13,00	27,00
03108	Babyfood, vegetables, sweet potatoes strained	13,00	16,00
03279	Babyfood, dinner, mixed vegetable, junior	13,00	17,00
03290	Babyfood, carrots and beef, strained	13,00	22,00
03303	Babyfood, dinner, sweet potatoes and chicken, strained	13,00	30,00
04706	Dressing, honey mustard, fat-free	13,00	24,00
05015	Chicken, broilers or fryers, skin only, raw	13,00	11,00
05019	Chicken, broilers or fryers, skin only, cooked, stewed	13,00	12,00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	13,00	18,00
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	13,00	27,00
05282	Pate de foie gras, canned (goose liver pate), smoked	13,00	70,00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	13,00	123,00
05304	Turkey, mechanically deboned, from turkey frames, raw	13,00	145,00
06030	Soup, clam chowder, new england, canned, condensed	13,00	16,00
06053	Soup, cream of potato, canned, condensed	13,00	17,00
06150	Sauce, barbecue	13,00	33,00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	13,00	20,00
06341	CAMPBELL'S, Cream of Potato Soup, condensed	13,00	17,00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	13,00	68,00
06545	CAMPBELL'S Homestyle New England Clam Chowder	13,00	14,00
06584	Soup, broccoli cheese, canned, condensed, commercial	13,00	41,00
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	13,00	12,00
06971	Sauce, worcestershire	13,00	107,00
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	13,00	71,00
07003	Beerwurst, beer salami, pork	13,00	8,00
07007	Bologna, beef	13,00	21,00
07016	Cheesefurter, cheese smokie, pork, beef	13,00	58,00
07026	Ham, chopped, canned	13,00	7,00
07053	Pate, chicken liver, canned	13,00	10,00
07054	Pate, goose liver, smoked, canned	13,00	70,00
07055	Pate, liver, not specified, canned	13,00	70,00
07068	Salami, cooked, beef	13,00	6,00
07075	Sausage, smoked link sausage, pork and beef	13,00	12,00
07241	OSCAR MAYER, Wieners (beef franks)	13,00	10,00
07917	Sausage, pork and beef, with cheddar cheese, smoked	13,00	57,00
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	13,00	81,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
07920	Swisswurst, pork and beef, with swiss cheese, smoked	13,00	74,00
07942	Pate, truffle flavor	13,00	70,00
07951	Scrapple, pork	13,00	7,00
07954	Beef sausage, pre-cooked	13,00	15,00
07967	Pork sausage, link/patty, fully cooked, unheated	13,00	16,00
08172	Cereals, farina, unenriched, dry	13,00	14,00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	13,00	9,00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	13,00	377,00
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	13,00	26,00
09084	Currants, red and white, raw	13,00	33,00
09174	Loquats, raw	13,00	16,00
09177	Mangosteen, canned, syrup pack	13,00	12,00
09247	Peaches, dried, sulfured, stewed, without added sugar	13,00	9,00
09306	Raspberries, frozen, red, sweetened	13,00	15,00
09316	Strawberries, raw	13,00	16,00
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	--	13,00
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	13,00	11,00
10001	Pork, fresh, carcass, separable lean and fat, raw	13,00	19,00
10117	Pork, fresh, variety meats and by-products, spleen, raw	13,00	10,00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	13,00	7,00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	13,00	7,00
11054	Beans, snap, green, canned, regular pack, solids and liquids	13,00	29,00
11056	Beans, snap, green, canned, regular pack, drained solids	13,00	37,00
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	13,00	22,00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	13,00	33,00
11119	Cabbage, chinese (pe-tsai), raw	13,00	77,00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	13,00	3,00
11190	Cornsalad, raw	13,00	38,00
11205	Cucumber, with peel, raw	13,00	16,00
11214	Escarole, cooked, boiled, drained, no salt added	13,00	46,00
11239	Mushrooms, Chanterelle, raw	13,00	15,00
11243	Mushrooms, portabella, grilled	13,00	3,00
11250	Lettuce, butterhead (includes boston and bibb types), raw	13,00	35,00
11253	Lettuce, green leaf, raw	13,00	36,00
11271	Mustard greens, cooked, boiled, drained, without salt	13,00	118,00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	13,00	101,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	13,00	14,00
11400	Potatoes, frozen, whole, unprepared	13,00	8,00
11439	Sauerkraut, canned, solids and liquids	13,00	30,00
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	13,00	12,00
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	13,00	18,00
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	13,00	17,00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	13,00	10,00
11644	Squash, winter, all varieties, cooked, baked, without salt	13,00	22,00
11645	Sweet potato, canned, syrup pack, solids and liquids	13,00	15,00
11659	Sweet potato, cooked, candied, home-prepared	13,00	26,00
11726	Beans, snap, green, canned, no salt added, solids and liquids	13,00	24,00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	13,00	24,00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	13,00	24,00
11729	Beans, snap, green, canned, no salt added, drained solids	13,00	38,00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	13,00	33,00
11799	Mustard greens, cooked, boiled, drained, with salt	13,00	118,00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	13,00	101,00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	13,00	14,00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	13,00	17,00
11863	Squash, winter, all varieties, cooked, baked, with salt	13,00	22,00
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	13,00	10,00
11905	Corn, sweet, white, canned, whole kernel, drained solids	13,00	3,00
11932	Beans, snap, yellow, canned, regular pack, drained solids	13,00	26,00
11933	Beans, snap, yellow, canned, no salt added, drained solids	13,00	26,00
11935	Catsup	13,00	15,00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	13,00	3,00
11949	Catsup, low sodium	13,00	15,00
11952	Radicchio, raw	13,00	19,00
13318	Beef, variety meats and by-products, brain, raw	13,00	43,00
13341	Beef, variety meats and by-products, tripe, raw	13,00	69,00
13357	Beef, cured, sausage, cooked, smoked	13,00	7,00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	13,00	4,00
14347	Shake, fast food, vanilla	13,00	115,00
14428	Beverages, shake, fast food, strawberry	13,00	113,00
15059	Fish, pout, ocean, raw	13,00	10,00
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	13,00	123,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	13,00	23,00
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	13,00	15,00
18085	Bread stuffing, cornbread, dry mix, prepared	13,00	26,00
18119	Cake, pineapple upside-down, prepared from recipe	13,00	120,00
18121	Cake, pound, commercially prepared, other than all butter, enriched	13,00	64,00
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	13,00	35,00
18240	Croissants, apple	13,00	30,00
18275	Muffins, blueberry, dry mix	13,00	18,00
18328	Pie, vanilla cream, prepared from recipe	13,00	90,00
01111	Milk shakes, thick vanilla	12,00	146,00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	12,00	121,00
01123	Egg, whole, raw, fresh	12,00	56,00
01131	Egg, whole, cooked, poached	12,00	56,00
01236	Ice cream, soft serve, chocolate	12,00	131,00
02050	Vanilla extract	12,00	11,00
02069	Vinegar, balsamic	12,00	27,00
03015	Babyfood, meat, turkey, strained	12,00	41,00
03016	Babyfood, meat, turkey, junior	12,00	41,00
03044	Babyfood, dinner, macaroni and tomato and beef, strained	12,00	17,00
03061	Babyfood, dinner, vegetables and ham, strained	12,00	16,00
03109	Babyfood, vegetables, sweet potatoes, junior	12,00	16,00
03280	Babyfood, fruit, bananas with tapioca, junior	12,00	8,00
03298	Babyfood, dinner, broccoli and chicken, junior	12,00	37,00
04686	Salad dressing, honey mustard dressing, reduced calorie	12,00	67,00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	12,00	26,00
05277	Chicken, canned, meat only, with broth	12,00	14,00
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	12,00	138,00
05303	Poultry, mechanically deboned, from mature hens, raw	12,00	187,00
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	12,00	14,00
06011	Soup, cheese, canned, condensed	12,00	36,00
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	12,00	36,00
06151	Sauce, plum, ready-to-serve	--	12,00
06169	Sauce, ready-to-serve, pepper, TABASCO	--	12,00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	12,00	70,00
06961	Sauce, peppers, hot, chili, mature red, canned	12,00	9,00
06962	Sauce, chili, peppers, hot, immature green, canned	12,00	5,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
06972	Sauce, tomato chili sauce, bottled, with salt	12,00	20,00
07018	Chicken spread	12,00	16,00
07040	Liver cheese, pork	12,00	8,00
07041	Liver sausage, liverwurst, pork	12,00	26,00
07065	Pork and beef sausage, fresh, cooked	12,00	10,00
07911	Liverwurst spread	12,00	22,00
07914	Sausage, Italian, sweet, links	12,00	25,00
07916	Sausage, Polish, pork and beef, smoked	12,00	7,00
07964	Frankfurter, meat and poultry, cooked, grilled	12,00	118,00
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	12,00	23,00
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	12,00	3,00
09002	Acerola juice, raw	12,00	10,00
09072	Cherries, sweet, canned, juice pack, solids and liquids	12,00	14,00
09127	Grapefruit juice, pink or red, with added calcium	12,00	146,00
09128	Grapefruit juice, white, raw	12,00	9,00
09181	Melons, cantaloupe, raw	12,00	9,00
09218	Tangerines, (mandarin oranges), raw	12,00	37,00
09248	Peaches, dried, sulfured, stewed, with added sugar	12,00	8,00
09266	Pineapple, raw, all varieties	12,00	13,00
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	12,00	13,00
09276	Pitanga, (surinam-cherry), raw	12,00	9,00
09286	Pomegranates, raw	12,00	10,00
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	12,00	11,00
09307	Rhubarb, raw	12,00	86,00
09310	Rhubarb, frozen, cooked, with sugar	12,00	145,00
09313	Sapodilla, raw	12,00	21,00
09404	Grapefruit juice, pink, raw	12,00	9,00
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	12,00	13,00
09429	Pineapple, raw, traditional varieties	12,00	13,00
09430	Pineapple, raw, extra sweet variety	12,00	13,00
09520	Kiwifruit, ZESPRI SunGold, raw	12,00	17,00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	12,00	36,00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	12,00	9,00
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	12,00	8,00
10123	Pork, cured, bacon, unprepared	12,00	5,00
10128	Pork, cured, breakfast strips, raw or unheated	12,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	12,00	4,00
11109	Cabbage, raw	12,00	40,00
11124	Carrots, raw	12,00	33,00
11130	Carrots, frozen, unprepared	12,00	36,00
11137	Cauliflower, frozen, unprepared	12,00	22,00
11142	Celeriac, cooked, boiled, drained, without salt	12,00	26,00
11144	Celery, cooked, boiled, drained, without salt	12,00	42,00
11149	Chayote, fruit, raw	12,00	17,00
11150	Chayote, fruit, cooked, boiled, drained, without salt	12,00	13,00
11206	Cucumber, peeled, raw	12,00	14,00
11257	Lettuce, red leaf, raw	12,00	33,00
11258	Mountain yam, hawaii, raw	12,00	26,00
11261	Mushrooms, white, cooked, boiled, drained, without salt	12,00	6,00
11422	Pumpkin, raw	12,00	21,00
11447	Sesbania flower, raw	12,00	19,00
11448	Sesbania flower, cooked, steamed, without salt	12,00	22,00
11492	Squash, winter, spaghetti, raw	12,00	23,00
11533	Tomatoes, red, ripe, canned, stewed	12,00	34,00
11585	Vegetable juice cocktail, low sodium, canned	12,00	15,00
11603	Yambean (jicama), raw	--	12,00
11647	Sweet potato, canned, syrup pack, drained solids	12,00	17,00
11696	Tomatoes, yellow, raw	12,00	11,00
11763	Celeriac, cooked, boiled, drained, with salt	12,00	26,00
11764	Celery, cooked, boiled, drained, with salt	12,00	42,00
11766	Chayote, fruit, cooked, boiled, drained, with salt	12,00	13,00
11797	Mushrooms, white, cooked, boiled, drained, with salt	12,00	6,00
11821	Peppers, sweet, red, raw	12,00	7,00
11921	Peppers, sweet, red, sauteed	12,00	7,00
11922	Sesbania flower, cooked, steamed, with salt	12,00	22,00
11951	Peppers, sweet, yellow, raw	12,00	11,00
13320	Beef, variety meats and by-products, brain, cooked, simmered	12,00	9,00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	12,00	19,00
13347	Beef, cured, corned beef, brisket, cooked	12,00	8,00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	12,00	23,00
14054	Beverages, almond milk, chocolate, ready-to-drink	12,00	188,00
14096	Alcoholic beverage, wine, table, red	12,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14194	Beverages, Cocoa mix, powder, prepared with water	12,00	21,00
14251	Alcoholic beverages, beer, higher alcohol	12,00	8,00
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	12,00	110,00
14602	Alcoholic Beverage, wine, table, red, Merlot	12,00	8,00
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	12,00	39,00
17185	Lamb, variety meats and by-products, brain, raw	12,00	9,00
17207	Veal, variety meats and by-products, lungs, raw	12,00	7,00
17285	Lamb, Australian, imported, fresh, separable fat, cooked	12,00	27,00
18086	Cake, angelfood, commercially prepared	12,00	140,00
18102	Cake, white, prepared from recipe with coconut frosting	12,00	90,00
18139	Cake, white, prepared from recipe without frosting	12,00	130,00
18146	Cake, yellow, prepared from recipe without frosting	12,00	146,00
18155	Cookies, butter, commercially prepared, enriched	12,00	29,00
18175	Cookies, ladyfingers, with lemon juice and rind	12,00	47,00
18208	Cookies, sugar, prepared from recipe, made with margarine	12,00	73,00
18213	Cookies, vanilla wafers, higher fat	12,00	36,00
18237	Cream puff shell, prepared from recipe	12,00	36,00
18253	Doughnuts, french crullers, glazed	12,00	26,00
18277	Muffins, blueberry, toaster-type	12,00	13,00
18303	Pie, banana cream, prepared from mix, no-bake type	12,00	73,00
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	12,00	34,00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	12,00	16,00
18402	Pie crust, standard-type, prepared from recipe, unbaked	12,00	9,00
18421	Cookies, butter, commercially prepared, unenriched	12,00	29,00
18423	Cookies, ladyfingers, without lemon juice and rind	12,00	47,00
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	12,00	11,00
18956	Keikitos (muffins), Latino bakery item	12,00	63,00
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	12,00	129,00
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	12,00	--
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	12,00	111,00
19087	Candies, white chocolate	12,00	199,00
19090	Ice creams, french vanilla, soft-serve	12,00	131,00
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	12,00	102,00
19199	Puddings, tapioca, dry mix, prepared with whole milk	12,00	103,00
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	12,00	101,00
19209	Puddings, tapioca, dry mix, prepared with 2% milk	12,00	105,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	12,00	108,00
20045	Rice, white, long-grain, regular, enriched, cooked	12,00	10,00
20133	Rice noodles, dry	12,00	18,00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	12,00	10,00
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	12,00	10,00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	12,00	10,00
21023	Fast foods, french toast with butter	12,00	54,00
21141	BURGER KING, Vanilla Shake	12,00	104,00
21316	McDONALD'S, Tangy Honey Mustard Sauce	12,00	23,00
21335	McDONALD'S, Hot Caramel Sundae	12,00	127,00
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	12,00	109,00
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	12,00	87,00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	--	12,00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12,00	13,00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	12,00	13,00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12,00	13,00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12,00	13,00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	12,00	13,00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12,00	13,00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12,00	13,00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	12,00	13,00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12,00	13,00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	12,00	13,00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12,00	14,00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	12,00	14,00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12,00	14,00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	12,00	14,00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12,00	14,00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	12,00	14,00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12,00	14,00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12,00	13,00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	12,00	13,00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	12,00	13,00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12,00	13,00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	12,00	13,00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	12,00	13,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12,00	13,00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	12,00	13,00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12,00	13,00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	12,00	13,00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12,00	13,00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	12,00	13,00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	12,00	15,00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	12,00	14,00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12,00	13,00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	12,00	13,00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	12,00	14,00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	12,00	15,00
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	12,00	25,00
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	12,00	--
28045	KEEBLER, ANIMALS, Iced Cookies	12,00	--
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	12,00	159,00
28050	KEEBLER, Club & Cheddar Sandwich Crackers	12,00	155,00
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	12,00	--
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	12,00	54,00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	12,00	200,00
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	12,00	25,00
28231	MURRAY, SUGAR FREE, Vanilla Wafer	12,00	--
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	12,00	50,00
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	12,00	54,00
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	12,00	156,00
28263	KEEBLER, Grahams, Cinnamon Crisp	12,00	381,00
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	12,00	50,00
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	12,00	--
28275	MURRAY, Old Fashioned Gingersnaps Cookies	12,00	--
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	12,00	138,00
28352	Cookies, vanilla sandwich with creme filling, reduced fat	12,00	42,00
42129	Bologna, beef and pork, low fat	12,00	11,00
42161	Bologna, beef, low fat	12,00	9,00
43143	Cabbage, japanese style, fresh, pickled	12,00	48,00
43410	Chicken, meatless, breaded, fried	12,00	42,00
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	11,00	24,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	11,00	12,00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	11,00	73,00
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	11,00	160,00
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	11,00	--
18990	AUSTIN, PB & J Crackers, sandwich-type	11,00	--
19005	Snacks, corn-based, extruded, cones, plain	11,00	3,00
19041	Snacks, pork skins, plain	11,00	30,00
19089	Ice creams, vanilla, rich	11,00	117,00
19168	Desserts, egg custard, baked, prepared-from-recipe	11,00	107,00
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	11,00	101,00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	11,00	99,00
20657	Pasta, gluten-free, corn and rice flour, cooked	11,00	2,00
21334	McDONALD'S, Strawberry Sundae	11,00	110,00
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	11,00	20,00
22906	Chicken pot pie, frozen entree, prepared	11,00	20,00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	11,00	13,00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	11,00	13,00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	11,00	15,00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	11,00	15,00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	11,00	13,00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	11,00	13,00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	11,00	15,00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	11,00	15,00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	11,00	15,00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11,00	16,00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	--	11,00
27055	Sauce, barbecue, SWEET BABY RAY'S, original	--	11,00
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	11,00	--
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	11,00	--
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	11,00	--
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	11,00	--
28270	MOTHER'S, Vanilla Sandwich Cookies	11,00	--
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	11,00	223,00
28315	Bread, cinnamon	11,00	71,00
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	11,00	24,00
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	11,00	24,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	11,00	110,00
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	11,00	29,00
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	11,00	7,00
36025	CRACKER BARREL, coleslaw	11,00	34,00
36404	Restaurant, Latino, arroz con leche (rice pudding)	11,00	90,00
36623	Restaurant, Chinese, chicken chow mein	11,00	21,00
42179	Frankfurter, beef, low fat	11,00	8,00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	11,00	204,00
43297	Pork, oriental style, dehydrated	11,00	10,00
43365	Tomato and vegetable juice, low sodium	--	11,00
43369	Beverages, Chocolate-flavored drink, whey and milk based	11,00	100,00
43417	Babyfood, meat, beef with vegetables, toddler	--	11,00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	11,00	86,00
01036	Cheese, ricotta, whole milk	11,00	207,00
01054	Cream, whipped, cream topping, pressurized	11,00	101,00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	11,00	120,00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	11,00	125,00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	11,00	122,00
01088	Milk, buttermilk, fluid, cultured, lowfat	11,00	116,00
01124	Egg, white, raw, fresh	11,00	7,00
01126	Egg, yolk, raw, frozen, pasteurized	11,00	134,00
01130	Egg, whole, cooked, omelet	11,00	48,00
01132	Egg, whole, cooked, scrambled	11,00	66,00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	11,00	122,00
01172	Egg, white, raw, frozen, pasteurized	11,00	8,00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	11,00	120,00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	11,00	125,00
01178	Sour cream, reduced fat	11,00	141,00
01210	Egg Mix, USDA Commodity	11,00	171,00
01256	Yogurt, Greek, plain, nonfat	11,00	110,00
01264	Ice cream bar, stick or nugget, with crunch coating	11,00	63,00
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	11,00	106,00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	11,00	94,00
01287	Yogurt, Greek, plain, lowfat	11,00	115,00
03002	Babyfood, meat, beef, strained	11,00	5,00
03003	Babyfood, meat, beef, junior	11,00	5,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03005	Babyfood, meat, veal, strained	11,00	6,00
03009	Babyfood, meat, ham, junior	11,00	5,00
03013	Babyfood, meat, chicken, junior	11,00	55,00
03021	Babyfood, meat, meat sticks, junior	11,00	34,00
03043	Babyfood, dinner, beef lasagna, toddler	11,00	18,00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	11,00	15,00
03052	Babyfood, dinner, beef stew, toddler	11,00	9,00
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	11,00	26,00
03100	Babyfood, vegetables, carrots, junior	11,00	23,00
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	11,00	6,00
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	11,00	6,00
03278	Babyfood, dinner, mixed vegetable, strained	11,00	22,00
03282	Babyfood, vegetables, mix vegetables junior	--	11,00
03293	Babyfood, plums, bananas and rice, strained	11,00	3,00
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	11,00	102,00
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	11,00	102,00
05169	Turkey, skin from whole, (light and dark), raw	11,00	13,00
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	11,00	12,00
07014	Braunschweiger (a liver sausage), pork	11,00	9,00
07020	Corned beef loaf, jellied	--	11,00
07022	Frankfurter, beef, unheated	11,00	14,00
07038	Knackwurst, knockwurst, pork, beef	--	11,00
07050	Mortadella, beef, pork	11,00	18,00
07074	Smoked link sausage, pork	--	11,00
07962	Frankfurter, meat and poultry, unheated	11,00	106,00
07963	Frankfurter, meat and poultry, cooked, boiled	11,00	107,00
07978	Pork sausage, reduced sodium, cooked	11,00	0,00
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	11,00	33,00
09033	Apricots, dried, sulfured, stewed, without added sugar	11,00	19,00
09056	Boysenberries, canned, heavy syrup	11,00	18,00
09070	Cherries, sweet, raw	11,00	13,00
09120	Grapefruit, sections, canned, juice pack, solids and liquids	11,00	15,00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	11,00	8,00
09183	Melons, casaba, raw	--	11,00
09195	Olives, pickled, canned or bottled, green	11,00	52,00
09202	Oranges, raw, navels	11,00	43,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
09206	Orange juice, raw	--	11,00
09209	Orange juice, chilled, includes from concentrate	--	11,00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	11,00	140,00
09211	Orange juice, chilled, includes from concentrate, with added calcium	11,00	140,00
09219	Tangerines, (mandarin oranges), canned, juice pack	--	11,00
09314	Sapote, mamey, raw	11,00	18,00
09318	Strawberries, frozen, unsweetened	11,00	16,00
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	11,00	12,00
09450	Naranjilla (lulo) pulp, frozen, unsweetened	11,00	8,00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	11,00	146,00
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	11,00	14,00
10119	Pork, fresh, variety meats and by-products, stomach, raw	--	11,00
10132	Pork, cured, feet, pickled	11,00	32,00
10895	Pork, cured, ham, separable fat, boneless, unheated	11,00	4,00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	11,00	93,00
11131	Carrots, frozen, cooked, boiled, drained, without salt	11,00	35,00
11143	Celery, raw	11,00	40,00
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	11,00	2,00
11210	Eggplant, cooked, boiled, drained, without salt	11,00	6,00
11218	Gourd, white-flowered (calabash), raw	11,00	26,00
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	11,00	24,00
11263	Mushrooms, white, stir-fried	11,00	4,00
11274	Mustard spinach, (tendergreen), raw	11,00	210,00
11283	Onions, cooked, boiled, drained, without salt	11,00	22,00
11335	Peppers, sweet, green, canned, solids and liquids	11,00	41,00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	11,00	32,00
11390	Potatoes, hash brown, frozen, plain, unprepared	11,00	10,00
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	11,00	25,00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	11,00	21,00
11529	Tomatoes, red, ripe, raw, year round average	11,00	10,00
11537	Tomatoes, red, ripe, canned, with green chilies	11,00	20,00
11540	Tomato juice, canned, with salt added	11,00	10,00
11564	Turnips, raw	11,00	30,00
11578	Vegetable juice cocktail, canned	11,00	14,00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	11,00	93,00
11760	Carrots, frozen, cooked, boiled, drained, with salt	11,00	35,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11783	Eggplant, cooked, boiled, drained, with salt	11,00	6,00
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	11,00	24,00
11805	Onions, cooked, boiled, drained, with salt	11,00	22,00
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	11,00	21,00
11886	Tomato juice, canned, without salt added	11,00	10,00
11916	Peppers, sweet, red, canned, solids and liquids	11,00	41,00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	11,00	18,00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	11,00	21,00
13344	Beef, cured, breakfast strips, raw or unheated	11,00	4,00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	11,00	18,00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	11,00	19,00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	11,00	21,00
14056	Beverages, Acai berry drink, fortified	11,00	19,00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	11,00	33,00
14084	Alcoholic beverage, wine, table, all	11,00	8,00
14405	Beverages, fruit punch juice drink, frozen concentrate	11,00	20,00
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	11,00	118,00
14548	Beverages, tea, instant, lemon, with added ascorbic acid	11,00	3,00
14639	Beverages, rice milk, unsweetened	11,00	118,00
15162	Mollusks, clam, mixed species, canned, liquid	11,00	13,00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	11,00	27,00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	11,00	12,00
17377	Lamb, New Zealand, imported, testes, raw	11,00	5,00
18082	Bread stuffing, bread, dry mix, prepared	11,00	30,00
18087	Cake, angelfood, dry mix	11,00	153,00
18133	Cake, sponge, commercially prepared	11,00	70,00
18147	Cheesecake commercially prepared	11,00	51,00
18317	Pie, egg custard, commercially prepared	11,00	80,00
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	11,00	31,00
01031	Cheese, neufchatel	10,00	117,00
01049	Cream, fluid, half and half	10,00	107,00
01055	Cream, sour, reduced fat, cultured	10,00	104,00
01056	Cream, sour, cultured	10,00	101,00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	10,00	113,00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	10,00	90,00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	10,00	113,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
01112	Whey, acid, fluid	10,00	103,00
01127	Egg, yolk, raw, frozen, sugared, pasteurized	10,00	124,00
01129	Egg, whole, cooked, hard-boiled	10,00	50,00
01179	Sour cream, light	10,00	141,00
01180	Sour cream, fat free	10,00	125,00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	10,00	113,00
01230	Milk, buttermilk, fluid, whole	10,00	115,00
01241	Ice cream sandwich, made with light ice cream, vanilla	10,00	30,00
01242	Ice cream sandwich, vanilla, light, no sugar added	10,00	86,00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	10,00	86,00
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	10,00	89,00
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	10,00	99,00
01284	Yogurt, Greek, strawberry, lowfat	10,00	88,00
01285	Yogurt, Greek, strawberry, nonfat	10,00	97,00
01286	Yogurt, Greek, vanilla, nonfat	10,00	99,00
03007	Babyfood, meat, pork, strained	10,00	5,00
03011	Babyfood, meat, lamb, junior	10,00	7,00
03017	Babyfood, meat, turkey sticks, junior	10,00	83,00
03047	Babyfood, dinner, beef noodle, strained	--	10,00
03053	Babyfood, dinner, vegetables and beef, strained	10,00	17,00
03054	Babyfood, dinner, vegetables and beef, junior	10,00	17,00
03059	Babyfood, dinner, vegetables and bacon, strained	10,00	14,00
03072	Babyfood, dinner, chicken stew, toddler	10,00	36,00
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	10,00	28,00
03129	Babyfood, fruit, bananas with tapioca, strained	10,00	5,00
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	10,00	15,00
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	10,00	15,00
03286	Babyfood, vegetables, mix vegetables strained	10,00	13,00
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	10,00	104,00
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	10,00	134,00
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	10,00	150,00
03934	Babyfood, corn and sweet potatoes, strained	10,00	18,00
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	10,00	134,00
04015	Salad dressing, russian dressing	10,00	13,00
06023	Soup, chicken with rice, canned, condensed	10,00	41,00
06064	Soup, turkey, chunky, canned, ready-to-serve	10,00	21,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
06067	Soup, chunky vegetable, canned, ready-to-serve	10,00	18,00
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	10,00	41,00
06358	Soup, tomato bisque, canned, prepared with equal volume milk	10,00	74,00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	--	10,00
06426	Soup, chili beef, canned, prepared with equal volume water	10,00	18,00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	10,00	17,00
06498	Soup, tomato, dry, mix, prepared with water	10,00	29,00
06749	Soup, beef and vegetables, canned, ready-to-serve	10,00	18,00
07031	Ham salad spread	10,00	8,00
07045	Luncheon meat, pork, canned	10,00	6,00
07067	Poultry salad sandwich spread	--	10,00
09021	Apricots, raw	10,00	13,00
09024	Apricots, canned, juice pack, with skin, solids and liquids	10,00	12,00
09060	Carambola, (starfruit), raw	10,00	3,00
09076	Cherries, sweet, frozen, sweetened	10,00	12,00
09090	Figs, canned, water pack, solids and liquids	10,00	28,00
09091	Figs, canned, light syrup pack, solids and liquids	10,00	27,00
09092	Figs, canned, heavy syrup pack, solids and liquids	10,00	27,00
09093	Figs, canned, extra heavy syrup pack, solids and liquids	10,00	26,00
09107	Gooseberries, raw	10,00	25,00
09119	Grapefruit, sections, canned, water pack, solids and liquids	10,00	15,00
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	10,00	14,00
09124	Grapefruit juice, white, canned, sweetened	10,00	8,00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	10,00	11,00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	10,00	11,00
09164	Litchis, raw	10,00	5,00
09172	Longans, raw	10,00	1,00
09176	Mangos, raw	10,00	11,00
09184	Melons, honeydew, raw	10,00	6,00
09200	Oranges, raw, all commercial varieties	10,00	40,00
09201	Oranges, raw, California, valencias	10,00	40,00
09203	Oranges, raw, Florida	10,00	43,00
09207	Orange juice, canned, unsweetened	--	10,00
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	10,00	147,00
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	10,00	12,00
09217	Orange-grapefruit juice, canned or bottled, unsweetened	10,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
09272	Pineapple, frozen, chunks, sweetened	10,00	9,00
09326	Watermelon, raw	10,00	7,00
09420	Jackfruit, canned, syrup pack	10,00	44,00
09433	Clementines, raw	10,00	30,00
09452	Orange Pineapple Juice Blend	10,00	8,00
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	10,00	11,00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	10,00	42,00
10146	Pork, cured, ham, patties, unheated	10,00	8,00
11015	Asparagus, canned, drained solids	10,00	16,00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	10,00	18,00
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	10,00	32,00
11125	Carrots, cooked, boiled, drained, without salt	10,00	30,00
11151	Chicory, witloof, raw	10,00	19,00
11259	Mountain yam, hawaii, cooked, steamed, without salt	10,00	8,00
11282	Onions, raw	10,00	23,00
11289	Onions, frozen, whole, unprepared	10,00	36,00
11333	Peppers, sweet, green, raw	--	10,00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	10,00	9,00
11429	Radishes, raw	10,00	25,00
11436	Rutabagas, cooked, boiled, drained, without salt	10,00	18,00
11527	Tomatoes, green, raw	10,00	13,00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	10,00	33,00
11566	Turnips, frozen, unprepared	10,00	23,00
11593	Waxgourd, (chinese preserving melon), raw	10,00	19,00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	10,00	18,00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	10,00	18,00
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	10,00	32,00
11757	Carrots, cooked, boiled, drained, with salt	10,00	30,00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	10,00	9,00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	10,00	9,00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	10,00	9,00
11851	Rutabagas, cooked, boiled, drained, with salt	10,00	18,00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	10,00	33,00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	10,00	18,00
11927	Mountain yam, hawaii, cooked, steamed, with salt	10,00	8,00
11960	Carrots, baby, raw	10,00	32,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11993	Mushrooms, maitake, raw	10,00	1,00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	10,00	3,00
13329	Beef, variety meats and by-products, lungs, cooked, braised	10,00	11,00
13338	Beef, variety meats and by-products, thymus, cooked, braised	--	10,00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	10,00	19,00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	10,00	21,00
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	10,00	9,00
14064	Beverages, Orange juice, light, No pulp	10,00	0,00
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	10,00	188,00
14106	Alcoholic beverage, wine, table, white	10,00	9,00
14160	Alcoholic beverage, wine, table, white, Chardonnay	10,00	9,00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	10,00	98,00
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	10,00	92,00
14253	Alcoholic beverages, wine, rose	--	10,00
14288	Lemonade, powder, prepared with water	10,00	4,00
14553	Beverages, Wine, non-alcoholic	10,00	9,00
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	10,00	164,00
16164	MORI-NU, Tofu, silken, lite firm	10,00	36,00
16165	MORI-NU, Tofu, silken, lite extra firm	10,00	43,00
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	10,00	123,00
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	10,00	116,00
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	10,00	116,00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	10,00	4,00
17270	Veal, breast, separable fat, cooked	10,00	6,00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	10,00	26,00
18144	Cake, yellow, enriched, dry mix	10,00	211,00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	10,00	44,00
18319	Pie, fried pies, fruit	10,00	22,00
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	10,00	42,00
18420	Cake, yellow, unenriched, dry mix	10,00	135,00
18444	Pie, fried pies, cherry	10,00	22,00
18445	Pie, fried pies, lemon	10,00	22,00
18451	Cake, pound, commercially prepared, fat-free	10,00	43,00
18453	Cake, yellow, light, dry mix	10,00	155,00
18940	Muffin, blueberry, commercially prepared, low-fat	10,00	35,00
18969	Cream puff, eclair, custard or cream filled, iced	10,00	35,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	10,00	151,00
19136	Candies, HERSHEY'S SKOR Toffee Bar	10,00	30,00
19321	Puddings, banana, dry mix, regular, prepared with whole milk	10,00	101,00
19906	Sweeteners, for baking, brown, contains sugar and sucralose	10,00	63,00
21120	Fast foods, hotdog, with corn flour coating (corndog)	10,00	58,00
21378	McDONALD'S, Bacon Ranch Salad without chicken	10,00	63,00
22931	SPAGHETTIOS, SpaghettiOs Original	10,00	8,00
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	10,00	49,00
22989	KASHI, Red Curry Chicken, Frozen Entree	10,00	23,00
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	10,00	7,00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	10,00	19,00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	10,00	19,00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	10,00	21,00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	10,00	23,00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	10,00	16,00
27042	Soup, clam chowder, new england, canned, ready-to-serve	10,00	15,00
28030	GIRL SCOUTS, Chalet Cookies	10,00	--
28038	JACKSON'S, Old Fashioned Vanilla Wafers	10,00	--
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	10,00	--
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	10,00	151,00
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	10,00	--
28131	KEEBLER, Sweet Cremes Cookies	10,00	--
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	10,00	200,00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10,00	--
28194	MOTHER'S, 4th of July Circus Animal Cookies	10,00	--
28196	MOTHER'S, Circus Animal Cookies	10,00	--
28199	MOTHER'S, English Tea Sandwich Cookies	10,00	--
28200	MOTHER'S, Halloween Circus Animals Cookies	10,00	--
28201	MOTHER'S, Holiday Circus Animal Cookies	10,00	--
28204	MOTHER'S, Jungle Animal Cookies	10,00	--
28214	MURRAY, Lemon Creme Sandwich Cookies	10,00	--
28215	MURRAY, JACKS Vanilla Wafers	10,00	--
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	10,00	--
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	10,00	--
28273	MURRAY, Vanilla Creme Sandwich Cookies	10,00	--
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	10,00	--

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	--	10,00
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	10,00	101,00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	10,00	101,00
36021	APPLEBEE'S, coleslaw	10,00	36,00
36035	Restaurant, family style, coleslaw	10,00	34,00
36414	Restaurant, Latino, tripe soup	10,00	22,00
36602	Restaurant, Chinese, fried rice, without meat	10,00	12,00
42119	Babyfood, banana juice with low fat yogurt	10,00	79,00
42120	Babyfood, mixed fruit juice with low fat yogurt	10,00	81,00
42187	Frozen yogurts, flavors other than chocolate	10,00	100,00
42267	Babyfood, juice, orange-carrot	10,00	16,00
43154	Alcoholic beverage, wine, cooking	10,00	9,00
43155	Alcoholic beverage, wine, light	10,00	9,00
43285	Eggs, scrambled, frozen mixture	10,00	17,00
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	10,00	11,00
43384	Beef, bologna, reduced sodium	10,00	12,00
43539	Babyfood, dessert, banana yogurt, strained	10,00	30,00
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	10,00	649,00
44158	Pie fillings, blueberry, canned	10,00	27,00
90480	Syrup, Cane	10,00	13,00
18419	Cake, pudding-type, white, unenriched, dry mix	9,00	77,00
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	9,00	--
18946	Pie crust, refrigerated, regular, baked	9,00	12,00
19094	Desserts, flan, caramel custard, prepared-from-recipe	9,00	83,00
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	9,00	99,00
19260	Ice creams, vanilla, light, no sugar added	9,00	136,00
19319	Puddings, banana, dry mix, instant, prepared with whole milk	9,00	94,00
19334	Sugars, brown	9,00	83,00
19362	Syrups, table blends, corn, refiner, and sugar	9,00	23,00
20047	Rice, white, long-grain, parboiled, enriched, cooked	9,00	19,00
20115	Noodles, japanese, soba, cooked	9,00	4,00
20447	Rice, white, long-grain, parboiled, unenriched, cooked	9,00	19,00
21119	Fast foods, hotdog, with chili	9,00	17,00
21420	KFC, Coleslaw	9,00	28,00
22247	Macaroni and Cheese, canned entree	9,00	35,00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	9,00	16,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	9,00	430,00
27001	Soup, hot and sour, Chinese restaurant	9,00	19,00
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	9,00	11,00
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	9,00	17,00
27062	Soup, beef barley, ready to serve	9,00	11,00
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	9,00	--
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	9,00	--
28202	MOTHER'S, Iced Lemonade Cookies	9,00	--
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	9,00	--
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	9,00	--
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	9,00	--
28268	KEEBLER, Sugar Cones	9,00	--
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	9,00	--
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	9,00	11,00
36028	DENNY'S, coleslaw	9,00	32,00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	9,00	25,00
42171	Salad dressing, french dressing, reduced calorie	9,00	11,00
43450	Frozen novelties, juice type, juice with cream	9,00	141,00
01015	Cheese, cottage, lowfat, 2% milkfat	9,00	111,00
01017	Cheese, cream	9,00	97,00
01050	Cream, fluid, light (coffee cream or table cream)	9,00	91,00
01171	Egg, whole, raw, frozen, pasteurized	9,00	62,00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	9,00	147,00
01255	Egg, whole, raw, frozen, salted, pasteurized	9,00	55,00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9,00	18,00
03048	Babyfood, macaroni and cheese, toddler	9,00	102,00
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	9,00	32,00
03083	Babyfood, dinner, turkey and rice, junior	9,00	24,00
03085	Babyfood, dinner, vegetables and turkey, junior	9,00	16,00
03099	Babyfood, vegetables, carrots, strained	9,00	22,00
03133	Babyfood, fruit, pears, junior	9,00	8,00
03147	Babyfood, fruit, applesauce with banana, junior	9,00	5,00
03172	Babyfood, juice, orange	9,00	12,00
03177	Babyfood, juice, orange and pineapple	9,00	8,00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	9,00	31,00
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	9,00	81,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	9,00	163,00
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	9,00	141,00
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	9,00	83,00
04704	Salad dressing, poppyseed, creamy	9,00	59,00
05698	Turkey, skin from whole (light and dark), with added solution, raw	9,00	13,00
06037	Soup, lentil with ham, canned, ready-to-serve	9,00	17,00
06210	Soup, cream of celery, canned, prepared with equal volume milk	9,00	75,00
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	9,00	12,00
06246	Soup, cream of onion, canned, prepared with equal volume milk	9,00	72,00
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	9,00	69,00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	9,00	12,00
06930	Sauce, cheese, ready-to-serve	9,00	184,00
07034	Headcheese, pork	9,00	16,00
07933	Chicken breast, oven-roasted, fat-free, sliced	9,00	6,00
07945	Frankfurter, beef, heated	9,00	11,00
09023	Apricots, canned, water pack, without skin, solids and liquids	9,00	8,00
09035	Apricots, frozen, sweetened	9,00	10,00
09063	Cherries, sour, red, raw	9,00	16,00
09068	Cherries, sour, red, frozen, unsweetened	9,00	13,00
09071	Cherries, sweet, canned, water pack, solids and liquids	9,00	11,00
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	--	9,00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	--	9,00
09112	Grapefruit, raw, pink and red, all areas	9,00	22,00
09113	Grapefruit, raw, pink and red, California and Arizona	9,00	11,00
09116	Grapefruit, raw, white, all areas	9,00	12,00
09117	Grapefruit, raw, white, California	9,00	12,00
09118	Grapefruit, raw, white, Florida	9,00	15,00
09191	Nectarines, raw	9,00	6,00
09236	Peaches, yellow, raw	9,00	6,00
09263	Persimmons, japanese, raw	9,00	8,00
09334	Feijoa, raw	9,00	17,00
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	9,00	10,00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	9,00	7,00
10007	Pork, fresh, separable fat, cooked	9,00	22,00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	9,00	25,00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	9,00	8,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10942	Pork, fresh, composite of separable fat, with added solution, raw	9,00	22,00
11013	Asparagus, canned, regular pack, solids and liquids	9,00	15,00
11126	Carrots, canned, regular pack, solids and liquids	9,00	31,00
11136	Cauliflower, cooked, boiled, drained, without salt	9,00	16,00
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	9,00	17,00
11260	Mushrooms, white, raw	9,00	3,00
11266	Mushrooms, brown, italian, or crimini, raw	9,00	18,00
11286	Onions, yellow, sauteed	9,00	20,00
11294	Onions, sweet, raw	9,00	20,00
11423	Pumpkin, cooked, boiled, drained, without salt	9,00	15,00
11431	Radishes, oriental, cooked, boiled, drained, without salt	9,00	17,00
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	9,00	19,00
11530	Tomatoes, red, ripe, cooked	9,00	11,00
11565	Turnips, cooked, boiled, drained, without salt	9,00	33,00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	9,00	14,00
11637	Radishes, white icicle, raw	9,00	27,00
11707	Asparagus, canned, no salt added, solids and liquids	9,00	15,00
11758	Carrots, canned, no salt added, solids and liquids	9,00	31,00
11761	Cauliflower, cooked, boiled, drained, with salt	9,00	16,00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	9,00	17,00
11845	Pumpkin, cooked, boiled, drained, with salt	9,00	15,00
11850	Radishes, oriental, cooked, boiled, drained, with salt	9,00	17,00
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	9,00	19,00
11884	Tomatoes, red, ripe, cooked, with salt	9,00	11,00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	9,00	18,00
11938	Mushroom, white, exposed to ultraviolet light, raw	9,00	3,00
14057	Alcoholic beverage, wine, dessert, sweet	9,00	8,00
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	9,00	71,00
14179	Beverages, coffee, ready to drink, milk based, sweetened	9,00	74,00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	9,00	52,00
14536	Alcoholic beverage, wine, dessert, dry	9,00	8,00
15030	Fish, gefiltefish, commercial, sweet recipe	9,00	23,00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	9,00	19,00
18134	Cake, sponge, prepared from recipe	9,00	42,00
18135	Cake, pudding-type, white, enriched, dry mix	9,00	77,00
18142	Cake, pudding-type, yellow, dry mix	9,00	115,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
18309	Pie, cherry, prepared from recipe	9,00	10,00
18354	Strudel, apple	9,00	15,00
01012	Cheese, cottage, creamed, large or small curd	8,00	83,00
01114	Whey, sweet, fluid	8,00	47,00
01200	Reddi Wip Fat Free Whipped Topping	8,00	108,00
03049	Babyfood, dinner, beef and rice, toddler	8,00	11,00
03062	Babyfood, dinner, vegetables and ham, junior	8,00	14,00
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	8,00	32,00
03082	Babyfood, dinner, turkey and rice, strained	8,00	18,00
03089	Babyfood, dinner, macaroni and cheese, strained	8,00	66,00
03119	Babyfood, vegetables, corn, creamed, strained	8,00	20,00
03120	Babyfood, vegetables, corn, creamed, junior	8,00	4,00
03132	Babyfood, fruit, pears, strained	--	8,00
03161	Babyfood, peaches, dices, toddler	8,00	6,00
03178	Babyfood, juice, prune and orange	8,00	12,00
03274	Babyfood, dinner, vegetables and chicken, junior	8,00	27,00
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	8,00	99,00
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	8,00	99,00
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	8,00	108,00
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	8,00	99,00
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	8,00	20,00
04017	Salad dressing, thousand island, commercial, regular	8,00	17,00
04020	Salad dressing, french dressing, reduced fat	8,00	11,00
04142	Salad dressing, french dressing, reduced fat, without salt	8,00	11,00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	8,00	37,00
04638	Salad dressing, ranch dressing, fat-free	8,00	50,00
05286	Turkey and gravy, frozen	8,00	14,00
05674	Chicken, skin (drumsticks and thighs), raw	8,00	6,00
06019	Soup, chicken noodle, canned, condensed	8,00	6,00
06024	Soup, chicken and vegetable, canned, ready-to-serve	8,00	14,00
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	8,00	28,00
06028	Soup, clam chowder, manhattan, canned, condensed	8,00	19,00
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	8,00	6,00
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	8,00	70,00
06211	Soup, cheese, canned, prepared with equal volume milk	8,00	115,00
06248	Soup, oyster stew, canned, prepared with equal volume milk	8,00	68,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	8,00	11,00
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	8,00	12,00
07005	Blood sausage	8,00	6,00
07073	Sandwich spread, pork, beef	8,00	12,00
07938	Ham, honey, smoked, cooked	8,00	6,00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	8,00	3,00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	8,00	131,00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	8,00	125,00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	8,00	126,00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	8,00	11,00
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	8,00	9,00
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	--	8,00
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	8,00	9,00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	8,00	11,00
09111	Grapefruit, raw, pink and red and white, all areas	8,00	12,00
09114	Grapefruit, raw, pink and red, Florida	8,00	15,00
09123	Grapefruit juice, white, canned or bottled, unsweetened	8,00	14,00
09150	Lemons, raw, without peel	8,00	26,00
09154	Lemon juice, frozen, unsweetened, single strength	--	8,00
09160	Lime juice, raw	8,00	14,00
09220	Tangerines, (mandarin oranges), canned, light syrup pack	8,00	7,00
09221	Tangerine juice, raw	8,00	18,00
09223	Tangerine juice, canned, sweetened	8,00	18,00
09282	Plums, canned, purple, juice pack, solids and liquids	8,00	10,00
09296	Quinces, raw	8,00	11,00
09317	Strawberries, canned, heavy syrup pack, solids and liquids	8,00	13,00
09340	Pears, asian, raw	8,00	4,00
09362	Cherries, sour, canned, water pack, drained	8,00	11,00
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	8,00	14,00
10174	Pork, fresh, variety meats and by-products, tail, raw	8,00	18,00
11128	Carrots, canned, regular pack, drained solids	8,00	25,00
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	8,00	27,00
11337	Peppers, sweet, green, frozen, chopped, unprepared	8,00	9,00
11339	Peppers, sweet, green, sauteed	--	8,00
11522	Taro shoots, raw	8,00	12,00
11523	Taro shoots, cooked, without salt	8,00	14,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
11695	Tomatoes, orange, raw	8,00	5,00
11759	Carrots, canned, no salt added, drained solids	8,00	25,00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	8,00	27,00
11880	Taro, shoots, cooked, with salt	8,00	14,00
11889	Turnips, cooked, boiled, drained, with salt	8,00	22,00
11917	Peppers, sweet, red, frozen, chopped, unprepared	8,00	9,00
11970	Cabbage, napa, cooked	8,00	29,00
14017	Alcoholic beverage, pina colada, prepared-from-recipe	--	8,00
15041	Fish, herring, Atlantic, pickled	8,00	77,00
17208	Veal, variety meats and by-products, lungs, cooked, braised	8,00	7,00
18088	Cake, angelfood, dry mix, prepared	8,00	84,00
18092	Cake, pudding-type, carrot, dry mix	8,00	172,00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	8,00	47,00
18128	Cake, snack cakes, creme-filled, sponge	8,00	24,00
18206	Cookies, sugar, refrigerated dough, baked	8,00	90,00
18306	Pie, blueberry, prepared from recipe	8,00	7,00
18308	Pie, cherry, commercially prepared	8,00	12,00
18944	Pie, Dutch Apple, Commercially Prepared	8,00	14,00
18948	Pie crust, refrigerated, regular, unbaked	8,00	10,00
19097	Sherbet, orange	8,00	54,00
19186	Desserts, apple crisp, prepared-from-recipe	8,00	35,00
19193	Puddings, rice, ready-to-eat	8,00	95,00
19194	Puddings, rice, dry mix	8,00	14,00
19320	Puddings, banana, dry mix, regular	8,00	20,00
19349	Syrups, corn, dark	8,00	18,00
19706	Puddings, banana, dry mix, regular, with added oil	8,00	20,00
20029	Couscous, cooked	--	8,00
20053	Rice, white, short-grain, enriched, cooked	8,00	1,00
20453	Rice, white, short-grain, cooked, unenriched	8,00	1,00
21127	Fast foods, coleslaw	8,00	30,00
21140	Side dishes, potato salad	8,00	14,00
21343	McDONALD'S, Low Fat Caramel Sauce	8,00	71,00
22905	Beef stew, canned entree	8,00	12,00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	8,00	11,00
27050	Sauce, sweet and sour, ready-to-serve	8,00	10,00
27052	Dip, salsa con queso, cheese and salsa- medium	8,00	98,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	8,00	--
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	8,00	--
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	8,00	209,00
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	8,00	200,00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	8,00	200,00
28195	MOTHER'S, Chocolate Chip Cookies	8,00	--
28232	MURRAY, Vanilla Sugar Wafer	8,00	--
35144	Stew, dumpling with mutton (Navajo)	8,00	14,00
35206	Plums, wild (Northern Plains Indians)	8,00	11,00
43008	Babyfood, dinner, chicken and rice	8,00	18,00
43098	Pie fillings, cherry, low calorie	8,00	11,00
43142	Radishes, hawaiian style, pickled	8,00	28,00
43274	Cheese, cream, low fat	8,00	148,00
43346	Frozen novelties, juice type, orange	8,00	9,00
43408	Babyfood, juice, pear	8,00	12,00
43550	Babyfood, banana apple dessert, strained	8,00	3,00
18443	Pie, apple, commercially prepared, unenriched flour	7,00	11,00
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	7,00	35,00
19233	Puddings, vanilla, ready-to-eat, fat free	7,00	40,00
19314	Pie fillings, canned, cherry	7,00	11,00
21324	McDONALD'S, Baked Apple Pie	7,00	19,00
21416	POPEYES, Coleslaw	7,00	31,00
23420	Beef, New Zealand, imported, intermuscular fat, raw	7,00	11,00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	7,00	17,00
27054	Dip, TOSTITOS, salsa con queso, medium	7,00	90,00
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	7,00	--
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	7,00	208,00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	7,00	208,00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	7,00	200,00
28208	MOTHER'S, Peanut Butter Gauchos Cookies	7,00	--
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	7,00	--
28291	Cookies, animal, with frosting or icing	7,00	6,00
42135	Whipped topping, frozen, low fat	7,00	71,00
42266	Babyfood, juice, apple-sweet potato	7,00	15,00
43017	Salad dressing, green goddess, regular	7,00	34,00
43020	Salad dressing, blue or roquefort cheese, low calorie	7,00	89,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
43585	Babyfood, fruit supreme dessert	7,00	6,00
01013	Cheese, cottage, creamed, with fruit	7,00	53,00
01052	Cream, fluid, light whipping	7,00	69,00
01053	Cream, fluid, heavy whipping	7,00	66,00
01070	Dessert topping, powdered	7,00	17,00
01160	Egg, yolk, raw, frozen, salted, pasteurized	7,00	113,00
03001	Babyfood, juice treats, fruit medley, toddler	7,00	12,00
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	7,00	14,00
03045	Babyfood, dinner, macaroni and tomato and beef, junior	7,00	14,00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	7,00	54,00
03066	Babyfood, dinner, vegetables and lamb, strained	7,00	12,00
03067	Babyfood, dinner, vegetables and lamb, junior	7,00	13,00
03069	Babyfood, dinner, chicken noodle, junior	7,00	21,00
03090	Babyfood, dinner, macaroni and cheese, junior	7,00	51,00
03130	Babyfood, fruit, peaches, strained	7,00	4,00
03131	Babyfood, fruit, peaches, junior	7,00	4,00
03141	Babyfood, pears, dices, toddler	7,00	10,00
03158	Babyfood, fruit, pears and pineapple, strained	7,00	10,00
03159	Babyfood, fruit, pears and pineapple, junior	7,00	10,00
03171	Babyfood, juice, apple and prune	7,00	9,00
03175	Babyfood, juice, orange and apricot	7,00	6,00
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	7,00	91,00
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	7,00	91,00
03267	Babyfood, juice, fruit punch, with calcium	7,00	64,00
03287	Babyfood, dinner, beef noodle, junior	7,00	8,00
03289	Babyfood, apples with ham, strained	7,00	4,00
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	7,00	62,00
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	7,00	75,00
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	7,00	69,00
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	7,00	62,00
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	7,00	69,00
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	7,00	67,00
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	7,00	128,00
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	7,00	68,00
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	7,00	128,00
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	7,00	59,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	7,00	128,00
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	7,00	62,00
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	7,00	125,00
04023	Salad dressing, thousand island dressing, reduced fat	7,00	27,00
04028	Salad dressing, mayonnaise, imitation, milk cream	7,00	72,00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	--	7,00
05714	Turkey, skin, from retail parts, from dark meat, raw	7,00	4,00
06018	Soup, chunky chicken noodle, canned, ready-to-serve	7,00	11,00
06042	Soup, mushroom barley, canned, condensed	7,00	10,00
06044	Soup, mushroom with beef stock, canned, condensed	7,00	8,00
06056	Soup, cream of shrimp, canned, condensed	7,00	14,00
06147	Soup, beef mushroom, canned, condensed	7,00	4,00
06149	Soup, chicken mushroom, canned, condensed	7,00	23,00
06158	Soup, tomato bisque, canned, condensed	7,00	31,00
06170	Soup, stock, beef, home-prepared	7,00	8,00
06174	Soup, stock, fish, home-prepared	7,00	3,00
06180	Soup, shark fin, restaurant-prepared	7,00	10,00
06216	Soup, cream of chicken, canned, prepared with equal volume milk	7,00	73,00
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	7,00	68,00
06253	Soup, cream of potato, canned, prepared with equal volume milk	7,00	67,00
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	7,00	11,00
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	7,00	9,00
06559	Soup, tomato, canned, prepared with equal volume water, commercial	7,00	8,00
06964	Soup, tomato, low sodium, with water	7,00	8,00
07083	Sausage, Vienna, canned, chicken, beef, pork	7,00	10,00
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	7,00	1,00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	7,00	97,00
08113	Cereals, farina, enriched, cooked with water, without salt	7,00	97,00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	7,00	1,00
08173	Cereals, farina, enriched, cooked with water, with salt	7,00	97,00
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	7,00	41,00
08506	Cereals ready-to-eat, RALSTON Corn Flakes	7,00	2,00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	7,00	104,00
09022	Apricots, canned, water pack, with skin, solids and liquids	7,00	8,00
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	7,00	9,00
09053	Blueberries, wild, frozen	7,00	17,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
09077	Crabapples, raw	7,00	18,00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	7,00	5,00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	7,00	8,00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	7,00	10,00
09143	Guava sauce, cooked	--	7,00
09153	Lemon juice from concentrate, canned or bottled	7,00	10,00
09161	Lime juice, canned or bottled, unsweetened	7,00	12,00
09238	Peaches, canned, juice pack, solids and liquids	7,00	6,00
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	7,00	6,00
09252	Pears, raw	7,00	9,00
09254	Pears, canned, juice pack, solids and liquids	7,00	9,00
09279	Plums, raw	7,00	6,00
09301	Rambutan, canned, syrup pack	7,00	22,00
09320	Strawberries, frozen, sweetened, sliced	7,00	11,00
09357	Apricots, canned, heavy syrup, drained	7,00	10,00
09413	Pears, raw, red anjou	7,00	11,00
09414	Pears, raw, bosc	7,00	10,00
09415	Pears, raw, green anjou	7,00	11,00
09442	Pomegranate juice, bottled	7,00	11,00
09443	Juice, apple and grape blend, with added ascorbic acid	7,00	11,00
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	7,00	21,00
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	7,00	18,00
10165	Pork, cured, salt pork, raw	7,00	6,00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	7,00	14,00
11252	Lettuce, iceberg (includes crisphead types), raw	7,00	18,00
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	7,00	158,00
11287	Onions, frozen, chopped, unprepared	7,00	17,00
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	7,00	158,00
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	7,00	8,00
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	7,00	8,00
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	7,00	8,00
11937	Pickles, cucumber, dill or kosher dill	7,00	57,00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	7,00	61,00
11947	Pickles, cucumber, dill, reduced sodium	7,00	57,00
11958	Pickle relish, hamburger	7,00	4,00
11989	Mushrooms, straw, canned, drained solids	7,00	10,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14004	Alcoholic beverage, beer, regular, BUDWEISER	7,00	4,00
14007	Alcoholic beverage, beer, light, BUD LIGHT	7,00	3,00
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	7,00	188,00
14019	Alcoholic beverage, tequila sunrise, canned	7,00	0,00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	7,00	115,00
14091	Beverages, almond milk, unsweetened, shelf stable	7,00	197,00
14292	Lemonade, frozen concentrate, white	--	7,00
14305	Malt beverage, includes non-alcoholic beer	--	7,00
14542	Lemonade, frozen concentrate, pink	7,00	8,00
14620	Beverages, V8 V-FUSION Juices, Peach Mango	7,00	8,00
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	7,00	8,00
14622	Beverages, V8 V-FUSION Juices, Tropical	7,00	8,00
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	7,00	8,00
17284	Lamb, Australian, imported, fresh, separable fat, raw	7,00	19,00
18171	Cookies, fortune	7,00	12,00
18202	Cookies, sugar wafer, with creme filling, sugar free	7,00	0,00
18205	Cookies, sugar, refrigerated dough	7,00	8,00
18301	Pie, apple, commercially prepared, enriched flour	7,00	11,00
18302	Pie, apple, prepared from recipe	--	7,00
01074	Sour cream, imitation, cultured	6,00	3,00
01076	Milk substitutes, fluid, with lauric acid oil	6,00	33,00
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	6,00	14,00
03115	Babyfood, apples, dices, toddler	6,00	10,00
03140	Babyfood, fruit dessert, mango with tapioca	6,00	8,00
03154	Babyfood, fruit and vegetable, apple and sweet potato	6,00	8,00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	6,00	7,00
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	6,00	7,00
03167	Babyfood, apple-banana juice	6,00	7,00
03174	Babyfood, juice, orange and apple and banana	6,00	5,00
03265	Babyfood, juice, apple and grape	--	6,00
03269	Babyfood, juice, apple, with calcium	6,00	127,00
03297	Babyfood, dinner, apples and chicken, strained	6,00	18,00
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	6,00	72,00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	6,00	86,00
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	6,00	108,00
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	6,00	108,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	6,00	128,00
04640	Salad dressing, ranch dressing, reduced fat	6,00	40,00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	6,00	66,00
05047	Chicken, broilers or fryers, separable fat, raw	6,00	7,00
06039	Soup, minestrone, canned, chunky, ready-to-serve	6,00	25,00
06040	Soup, minestrone, canned, condensed	6,00	28,00
06061	Soup, tomato beef with noodle, canned, condensed	6,00	14,00
06068	Soup, vegetarian vegetable, canned, condensed	6,00	17,00
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	6,00	8,00
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	6,00	11,00
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	6,00	13,00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	6,00	64,00
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	6,00	64,00
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	6,00	10,00
09050	Blueberries, raw	--	6,00
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	6,00	11,00
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	6,00	10,00
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	6,00	10,00
09078	Cranberries, raw	6,00	8,00
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	6,00	8,00
09109	Gooseberries, canned, light syrup pack, solids and liquids	6,00	16,00
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	6,00	10,00
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	6,00	10,00
09152	Lemon juice, raw	--	6,00
09159	Limes, raw	6,00	33,00
09192	Oheloberries, raw	6,00	7,00
09228	Papaya, canned, heavy syrup, drained	6,00	21,00
09295	Pummelo, raw	6,00	4,00
09319	Strawberries, frozen, sweetened, whole	6,00	11,00
09353	Blueberries, wild, canned, heavy syrup, drained	6,00	19,00
09412	Pears, raw, bartlett	6,00	9,00
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	6,00	72,00
09523	Lemon juice from concentrate, bottled, CONCORD	6,00	8,00
09524	Lemon juice from concentrate, bottled, REAL LEMON	6,00	9,00
10006	Pork, fresh, separable fat, raw	6,00	14,00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	6,00	16,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
10102	Pork, fresh, variety meats and by-products, feet, raw	6,00	70,00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	6,00	5,00
10898	Pork, pickled pork hocks	6,00	19,00
11285	Onions, canned, solids and liquids	6,00	45,00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	6,00	16,00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	6,00	16,00
11943	Pimento, canned	--	6,00
13020	Beef, retail cuts, separable fat, cooked	6,00	19,00
14003	Alcoholic beverage, beer, regular, all	6,00	4,00
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	6,00	4,00
14015	Alcoholic beverage, pina colada, canned	6,00	1,00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	6,00	7,00
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	6,00	9,00
14268	Beverages, Fruit punch drink, frozen concentrate	6,00	8,00
14282	Beverages, grape juice drink, canned	6,00	7,00
14334	Beverages, pineapple and grapefruit juice drink, canned	6,00	7,00
14341	Beverages, pineapple and orange juice drink, canned	6,00	5,00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	6,00	23,00
18090	Cake, boston cream pie, commercially prepared	6,00	23,00
18141	Cake, yellow, commercially prepared, with vanilla frosting	6,00	62,00
18321	Pie, lemon meringue, prepared from recipe	6,00	12,00
18323	Pie, peach	6,00	8,00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	6,00	--
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	6,00	--
19218	Puddings, tapioca, ready-to-eat	6,00	71,00
19243	Candies, HEATH BITES	6,00	86,00
19300	Jellies	6,00	7,00
19366	Toppings, pineapple	--	6,00
19909	Sweeteners, sugar substitute, granulated, brown	6,00	879,00
21314	McDONALD'S, Spicy Buffalo Sauce	6,00	9,00
21315	McDONALD'S, Sweet 'N Sour Sauce	--	6,00
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	6,00	28,00
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	6,00	29,00
27049	Sauce, tartar, ready-to-serve	6,00	26,00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	6,00	81,00
27063	Sauce, enchilada, red, mild, ready to serve	6,00	7,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
27066	Sauce, horseradish	6,00	12,00
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	6,00	--
28107	KEEBLER, Gingerbread Men Cookies, Holiday	6,00	--
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	6,00	--
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	6,00	--
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	6,00	--
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	6,00	--
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	6,00	--
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	6,00	--
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	6,00	--
28203	MOTHER'S, Iced Oatmeal Cookies	6,00	--
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	6,00	--
28264	KEEBLER, Oatmeal Cookies	6,00	--
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	6,00	--
31034	Peppers, hot pickled, canned	6,00	61,00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	6,00	108,00
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	6,00	108,00
42316	Babyfood, carrots, toddler	6,00	19,00
43146	Eggplant, pickled	6,00	25,00
43215	Salad dressing, buttermilk, lite	6,00	40,00
43276	Cheese spread, cream cheese base	6,00	71,00
43331	Salad dressing, bacon and tomato	6,00	4,00
43382	Cranberry juice, unsweetened	6,00	8,00
43479	Alcoholic beverage, rice (sake)	6,00	5,00
44110	Jellies, reduced sugar, home preserved	6,00	5,00
19085	Candies, confectioner's coating, butterscotch	5,00	34,00
19234	Puddings, tapioca, ready-to-eat, fat free	5,00	52,00
19364	Toppings, butterscotch or caramel	5,00	49,00
19387	Frozen novelties, ice type, pineapple-coconut	5,00	0,00
19710	Puddings, vanilla, dry mix, regular, with added oil	5,00	15,00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	5,00	8,00
20055	Rice, white, glutinous, unenriched, cooked	5,00	2,00
20058	Rice, white, steamed, Chinese restaurant	--	5,00
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	5,00	104,00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	5,00	20,00
27046	Sauce, duck, ready-to-serve	5,00	11,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
27058	Sauce, barbecue, OPEN PIT, original	5,00	20,00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	5,00	6,00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	5,00	76,00
28109	KEEBLER, Iced Oatmeal Cookies	5,00	--
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	5,00	--
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	5,00	--
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	5,00	--
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	5,00	51,00
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	5,00	36,00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	5,00	36,00
42230	Salad Dressing, coleslaw dressing, reduced fat	5,00	36,00
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	5,00	53,00
43004	Babyfood, dessert, banana pudding, strained	5,00	11,00
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	5,00	9,00
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	5,00	61,00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	5,00	143,00
01016	Cheese, cottage, lowfat, 1% milkfat	5,00	61,00
01089	Milk, low sodium, fluid	5,00	101,00
01125	Egg, yolk, raw, fresh	5,00	129,00
02048	Vinegar, cider	5,00	7,00
02051	Vanilla extract, imitation, alcohol	5,00	0,00
03070	Babyfood, dinner, chicken soup, strained	5,00	37,00
03160	Babyfood, fruit, guava and papaya with tapioca, strained	5,00	7,00
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	5,00	7,00
03173	Babyfood, juice, orange and apple	5,00	10,00
03179	Babyfood, juice, mixed fruit	5,00	8,00
03201	Babyfood, cereal, egg yolks and bacon, junior	5,00	28,00
03226	Babyfood, dessert, fruit pudding, orange, strained	5,00	32,00
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	5,00	9,00
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	5,00	9,00
03238	Babyfood, dessert, tropical fruit, junior	5,00	10,00
03245	Babyfood, dessert, custard pudding, vanilla, strained	5,00	55,00
03246	Babyfood, dessert, custard pudding, vanilla, junior	5,00	54,00
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	5,00	42,00
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	5,00	51,00
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	5,00	51,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	5,00	51,00
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	5,00	51,00
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	5,00	54,00
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	5,00	69,00
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	5,00	69,00
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	5,00	53,00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	5,00	78,00
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	5,00	69,00
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	5,00	41,00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	5,00	53,00
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	5,00	69,00
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	5,00	42,00
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	5,00	42,00
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	5,00	53,00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	5,00	133,00
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	5,00	128,00
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	5,00	51,00
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	5,00	44,00
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	5,00	44,00
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	5,00	69,00
04114	Salad dressing, italian dressing, commercial, regular	5,00	13,00
04120	Salad dressing, french dressing, commercial, regular	5,00	24,00
04141	Salad dressing, french dressing, commercial, regular, without salt	5,00	24,00
04601	Butter, light, stick, with salt	5,00	48,00
04602	Butter, light, stick, without salt	5,00	48,00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	5,00	50,00
04636	Salad dressing, italian dressing, fat-free	5,00	30,00
04639	Salad dressing, ranch dressing, regular	5,00	28,00
04703	Salad dressing, honey mustard, regular	5,00	12,00
05335	Chicken, feet, boiled	5,00	88,00
06009	Soup, beef noodle, canned, condensed	5,00	12,00
06010	Soup, cream of celery, canned, condensed	5,00	32,00
06025	Soup, chicken vegetable, canned, condensed	5,00	14,00
06046	Soup, cream of onion, canned, condensed	5,00	27,00
06071	Soup, vegetable beef, canned, condensed	5,00	13,00
06072	Soup, vegetable with beef broth, canned, condensed	5,00	14,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
06168	Sauce, ready-to-serve, pepper or hot	5,00	8,00
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	5,00	13,00
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	5,00	15,00
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	5,00	13,00
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	5,00	12,00
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	5,00	87,00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	5,00	1,00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	5,00	1,00
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	5,00	89,00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	5,00	0,00
09003	Apples, raw, with skin	5,00	6,00
09010	Apples, dehydrated (low moisture), sulfured, stewed	5,00	4,00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	5,00	8,00
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	5,00	6,00
09036	Apricot nectar, canned, without added ascorbic acid	5,00	7,00
09054	Blueberries, frozen, unsweetened	5,00	8,00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	5,00	10,00
09088	Elderberries, raw	5,00	38,00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	5,00	6,00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	5,00	6,00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	5,00	6,00
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	5,00	7,00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	5,00	7,00
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	5,00	6,00
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	5,00	6,00
09131	Grapes, american type (slip skin), raw	5,00	14,00
09237	Peaches, canned, water pack, solids and liquids	5,00	2,00
09239	Peaches, canned, extra light syrup, solids and liquids	--	5,00
09240	Peaches, canned, light syrup pack, solids and liquids	5,00	3,00
09241	Peaches, canned, heavy syrup pack, solids and liquids	5,00	3,00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	5,00	3,00
09250	Peaches, frozen, sliced, sweetened	5,00	3,00
09255	Pears, canned, extra light syrup pack, solids and liquids	5,00	7,00
09281	Plums, canned, purple, water pack, solids and liquids	5,00	7,00
09283	Plums, canned, purple, light syrup pack, solids and liquids	5,00	9,00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	5,00	9,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	5,00	9,00
09351	Fruit cocktail, canned, heavy syrup, drained	5,00	7,00
09370	Peaches, canned, heavy syrup, drained	5,00	3,00
09379	Plums, canned, heavy syrup, drained	5,00	10,00
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	5,00	8,00
09403	Apricot nectar, canned, with added ascorbic acid	5,00	7,00
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	5,00	6,00
09500	Apples, raw, red delicious, with skin	5,00	6,00
09501	Apples, raw, golden delicious, with skin	5,00	6,00
09502	Apples, raw, granny smith, with skin	--	5,00
09503	Apples, raw, gala, with skin	5,00	7,00
09504	Apples, raw, fuji, with skin	5,00	7,00
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	5,00	70,00
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	5,00	19,00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	5,00	0,00
11563	Tree fern, cooked, without salt	5,00	8,00
11590	Waterchestnuts, chinese, canned, solids and liquids	5,00	4,00
11928	Tree fern, cooked, with salt	5,00	8,00
11945	Pickle relish, sweet	5,00	3,00
13019	Beef, retail cuts, separable fat, raw	5,00	26,00
14006	Alcoholic beverage, beer, light	5,00	4,00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	5,00	3,00
14168	Beverages, Carob-flavor beverage mix, powder	5,00	32,00
14187	Beverages, Clam and tomato juice, canned	5,00	8,00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	5,00	2,00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	5,00	4,00
14248	Alcoholic beverage, beer, light, higher alcohol	5,00	4,00
14252	Beverages, Malt liquor beverage	5,00	3,00
14327	Beverages, orange and apricot juice drink, canned	--	5,00
14430	Cranberry juice cocktail, frozen concentrate	5,00	11,00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	5,00	100,00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	5,00	3,00
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	5,00	3,00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	5,00	7,00
18305	Pie, blueberry, commercially prepared	5,00	8,00
02068	Vinegar, red wine	4,00	6,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03118	Babyfood, fruit, apricot with tapioca, strained	4,00	9,00
03128	Babyfood, fruit, apricot with tapioca, junior	4,00	8,00
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	4,00	6,00
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	4,00	6,00
03142	Babyfood, fruit, applesauce and apricots, strained	4,00	6,00
03143	Babyfood, fruit, applesauce and apricots, junior	4,00	6,00
03144	Babyfood, fruit, applesauce and cherries, strained	4,00	1,00
03145	Babyfood, fruit, applesauce and cherries, junior	4,00	1,00
03151	Babyfood, fruit, applesauce and pineapple, junior	--	4,00
03152	Babyfood, fruit, apple and raspberry, strained	4,00	5,00
03153	Babyfood, fruit, apple and raspberry, junior	4,00	5,00
03221	Babyfood, dessert, dutch apple, junior	4,00	3,00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	4,00	51,00
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	4,00	51,00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	4,00	53,00
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	4,00	55,00
04021	Salad dressing, italian dressing, commercial, reduced fat	4,00	15,00
04144	Salad dressing, italian dressing, reduced fat, without salt	4,00	9,00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	4,00	38,00
04635	Salad dressing, thousand island dressing, fat-free	4,00	11,00
04705	Salad dressing, caesar, fat-free	4,00	33,00
06016	Soup, cream of chicken, canned, condensed	4,00	14,00
06022	Soup, chicken rice, canned, chunky, ready-to-serve	4,00	14,00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	4,00	0,00
06032	Soup, beef broth bouillon and consomme, canned, condensed	4,00	7,00
06048	Soup, oyster stew, canned, condensed	4,00	18,00
06063	Soup, tomato rice, canned, condensed	4,00	18,00
06172	Soup, stock, chicken, home-prepared	4,00	3,00
06176	Sauce, oyster, ready-to-serve	4,00	32,00
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	4,00	13,00
06419	Soup, chicken noodle, canned, prepared with equal volume water	4,00	5,00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	4,00	11,00
06442	Soup, mushroom barley, canned, prepared with equal volume water	4,00	5,00
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	--	4,00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	4,00	9,00
06494	Soup, onion, dry, mix, prepared with water	4,00	9,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
06547	Soup, beef mushroom, canned, prepared with equal volume water	4,00	2,00
06549	Soup, chicken mushroom, canned, prepared with equal volume water	4,00	12,00
06558	Soup, tomato bisque, canned, prepared with equal volume water	4,00	16,00
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	4,00	6,00
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	4,00	11,00
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	4,00	5,00
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	4,00	49,00
09004	Apples, raw, without skin	4,00	5,00
09012	Apples, dried, sulfured, stewed, without added sugar	4,00	3,00
09052	Blueberries, canned, heavy syrup, solids and liquids	4,00	5,00
09079	Cranberries, dried, sweetened	4,00	9,00
09082	Cranberry-orange relish, canned	4,00	11,00
09193	Olives, ripe, canned (small-extra large)	4,00	88,00
09194	Olives, ripe, canned (jumbo-super colossal)	4,00	94,00
09251	Peach nectar, canned, without added ascorbic acid	4,00	5,00
09253	Pears, canned, water pack, solids and liquids	--	4,00
09256	Pears, canned, light syrup pack, solids and liquids	4,00	5,00
09257	Pears, canned, heavy syrup pack, solids and liquids	4,00	5,00
09258	Pears, canned, extra heavy syrup pack, solids and liquids	4,00	5,00
09328	Maraschino cherries, canned, drained	4,00	54,00
09352	Blueberries, canned, light syrup, drained	4,00	6,00
09374	Pears, canned, heavy syrup, drained	4,00	6,00
09407	Peach nectar, canned, with added ascorbic acid	4,00	5,00
09437	Tamarind nectar, canned	4,00	10,00
10005	Pork, fresh, belly, raw	4,00	5,00
11028	Bamboo shoots, canned, drained solids	4,00	8,00
11941	Pickles, cucumber, sour	4,00	0,00
11946	Pickles, cucumber, sour, low sodium	4,00	0,00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	--	4,00
11980	Peppers, chili, green, canned	4,00	36,00
14013	Alcoholic beverage, beer, light, low carb	--	4,00
14180	Beverages, coffee, brewed, breakfast blend	4,00	2,00
14215	Beverages, coffee, instant, regular, prepared with water	--	4,00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	--	4,00
14239	Alcoholic beverage, malt beer, hard lemonade	--	4,00
18196	Cookies, brownies, dry mix, sugar free	4,00	12,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19137	Toppings, strawberry	4,00	6,00
19201	Puddings, vanilla, ready-to-eat	4,00	49,00
19263	Frozen novelties, fruit and juice bars	4,00	5,00
19294	Fruit butters, apple	4,00	14,00
19297	Jams and preserves	4,00	20,00
19332	Puddings, lemon, dry mix, regular	4,00	5,00
19383	Candies, toffee, prepared-from-recipe	4,00	34,00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	4,00	--
19719	Jams and preserves, apricot	4,00	20,00
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	4,00	--
28106	KEEBLER, Almond Crescents Cookies, Holiday	4,00	--
31033	Ginger root, pickled, canned, with artificial sweetener	4,00	74,00
35015	Blackberries, wild, raw (Alaska Native)	4,00	5,00
42040	Syrups, grenadine	4,00	6,00
42153	Salad dressing, blue or roquefort cheese dressing, light	4,00	68,00
43006	Babyfood, fruit, tutti frutti, strained	4,00	15,00
43007	Babyfood, fruit, tutti frutti, junior	4,00	14,00
43027	Jellies, no sugar (with sodium saccharin), any flavors	4,00	31,00
43273	Cheese, cottage, with vegetables	4,00	56,00
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	4,00	56,00
43523	Babyfood, mixed fruit yogurt, strained	4,00	28,00
19103	Candies, fudge, vanilla, prepared-from-recipe	3,00	38,00
19107	Candies, hard	--	3,00
19246	Frostings, white, fluffy, dry mix	3,00	4,00
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	3,00	5,00
20003	Arrowroot flour	3,00	40,00
20027	Cornstarch	3,00	2,00
20134	Rice noodles, cooked	3,00	4,00
21311	McDONALD'S, Creamy Ranch Sauce	3,00	29,00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	3,00	50,00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	3,00	8,00
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	3,00	77,00
27002	Soup, wonton, Chinese restaurant	3,00	5,00
27061	Gravy, HEINZ Home Style, classic chicken	3,00	10,00
28334	Cookies, gluten-free, lemon wafer	3,00	9,00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	3,00	9,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	3,00	23,00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	3,00	1 047,00
42270	Beverages, Orange juice drink	3,00	2,00
43019	Salad dressing, sweet and sour	3,00	4,00
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	3,00	10,00
43507	Frankfurter, low sodium	3,00	20,00
43535	Babyfood, juice, apple - cherry	3,00	7,00
01107	Milk, human, mature, fluid	3,00	32,00
03116	Babyfood, fruit, applesauce, strained	3,00	4,00
03117	Babyfood, fruit, applesauce, junior	3,00	5,00
03150	Babyfood, fruit, applesauce and pineapple, strained	3,00	4,00
03164	Babyfood, fruit, apple and blueberry, strained	3,00	4,00
03165	Babyfood, fruit, apple and blueberry, junior	3,00	5,00
03166	Babyfood, juice, apple	3,00	4,00
03168	Babyfood, juice, apple and peach	--	3,00
03169	Babyfood, apple-cranberry juice	3,00	6,00
03170	Babyfood, juice, apple and plum	3,00	5,00
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	3,00	17,00
03197	Babyfood, cereal, with egg yolks, strained	3,00	24,00
03198	Babyfood, cereal, with egg yolks, junior	3,00	24,00
03199	Babyfood, cereal, with eggs, strained	3,00	27,00
03268	Babyfood, juice, apple and cherry	3,00	5,00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	3,00	71,00
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	3,00	58,00
04073	Margarine, regular, hard, soybean (hydrogenated)	3,00	30,00
04143	Salad dressing, italian dressing, commercial, regular, without salt	3,00	7,00
04367	Salad dressing, french dressing, fat-free	3,00	5,00
04610	Margarine, regular, 80% fat, composite, stick, with salt	--	3,00
04617	Margarine, regular, 80% fat, composite, stick, without salt	--	3,00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	--	3,00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	--	3,00
05024	Chicken, gizzard, all classes, cooked, simmered	3,00	17,00
06001	Soup, cream of asparagus, canned, condensed	3,00	23,00
06015	Soup, chicken, canned, chunky, ready-to-serve	3,00	10,00
06017	Soup, chicken gumbo, canned, condensed	3,00	19,00
06043	Soup, cream of mushroom, canned, condensed	3,00	12,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
06119	Gravy, chicken, canned or bottled, ready-to-serve	3,00	10,00
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	3,00	8,00
06409	Soup, beef noodle, canned, prepared with equal volume water	3,00	8,00
06410	Soup, cream of celery, canned, prepared with equal volume water	3,00	16,00
06440	Soup, minestrone, canned, prepared with equal volume water	3,00	14,00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	3,00	9,00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	3,00	10,00
06471	Soup, vegetable beef, canned, prepared with equal volume water	3,00	8,00
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	3,00	9,00
06528	Soup, chicken noodle, dry, mix, prepared with water	3,00	2,00
06985	Gravy, HEINZ Home Style, savory beef	3,00	6,00
06999	Gravy, CAMPBELL'S, chicken	3,00	12,00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	3,00	1,00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	3,00	1,00
09005	Apples, raw, without skin, cooked, boiled	3,00	5,00
09006	Apples, raw, without skin, cooked, microwave	3,00	5,00
09008	Apples, canned, sweetened, sliced, drained, heated	3,00	4,00
09013	Apples, dried, sulfured, stewed, with added sugar	--	3,00
09014	Apples, frozen, unsweetened, unheated	3,00	4,00
09015	Apples, frozen, unsweetened, heated	3,00	5,00
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	3,00	4,00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	--	3,00
09229	Papaya nectar, canned	3,00	10,00
09262	Pear nectar, canned, without added ascorbic acid	3,00	5,00
09401	Applesauce, canned, unsweetened, with added ascorbic acid	3,00	4,00
09402	Applesauce, canned, sweetened, with salt	3,00	4,00
09408	Pear nectar, canned, with added ascorbic acid	3,00	5,00
09434	Guanabana nectar, canned	3,00	7,00
09436	Mango nectar, canned	3,00	17,00
10105	Pork, fresh, variety meats and by-products, jowl, raw	3,00	4,00
11026	Bamboo shoots, raw	3,00	13,00
11027	Bamboo shoots, cooked, boiled, drained, without salt	3,00	12,00
11712	Bamboo shoots, cooked, boiled, drained, with salt	3,00	12,00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	3,00	46,00
14079	Beverages, yellow green colored citrus soft drink with caffeine	3,00	13,00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	3,00	13,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14209	Beverages, coffee, brewed, prepared with tap water	3,00	2,00
14223	Beverages, coffee, instant, chicory	3,00	4,00
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	3,00	4,00
14240	Beverages, cranberry-apricot juice drink, bottled	3,00	9,00
14241	Beverages, cranberry-grape juice drink, bottled	3,00	8,00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	3,00	2,00
14250	Beverages, AMBER, hard cider	3,00	4,00
14264	Beverages, fruit punch drink, without added nutrients, canned	3,00	8,00
14267	Beverages, Fruit punch drink, with added nutrients, canned	3,00	8,00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	3,00	0,00
14355	Beverages, tea, black, brewed, prepared with tap water	3,00	0,00
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	3,00	2,00
14370	Beverages, tea, instant, lemon, sweetened, powder	3,00	2,00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	3,00	7,00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	3,00	1,00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	3,00	1,00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	3,00	17,00
14625	Beverages, Energy drink, AMP	3,00	13,00
14626	Beverages, Energy drink, FULL THROTTLE	3,00	13,00
14628	Beverages, Energy drink, AMP, sugar free	3,00	0,00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	3,00	13,00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	3,00	17,00
14638	Beverages, Horchata, as served in restaurant	3,00	18,00
14640	Beverages, Energy drink, VAULT, citrus flavor	3,00	2,00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	3,00	2,00
14649	Beverages, tea, hibiscus, brewed	3,00	8,00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	3,00	25,00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	3,00	22,00
01001	Butter, salted	2,00	24,00
01073	Dessert topping, semi solid, frozen	2,00	6,00
01145	Butter, without salt	2,00	24,00
03220	Babyfood, dessert, dutch apple, strained	2,00	5,00
03222	Babyfood, cherry cobbler, junior	2,00	5,00
03224	Babyfood, dessert, cherry vanilla pudding, strained	2,00	5,00
03225	Babyfood, dessert, cherry vanilla pudding, junior	2,00	5,00
03227	Babyfood, dessert, peach cobbler, strained	2,00	4,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
03228	Babyfood, dessert, peach cobbler, junior	2,00	4,00
03229	Babyfood, dessert, peach melba, strained	2,00	10,00
03230	Babyfood, dessert, peach melba, junior	2,00	11,00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	2,00	6,00
04018	Salad dressing, mayonnaise type, regular, with salt	2,00	5,00
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	2,00	14,00
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	2,00	24,00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	2,00	21,00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	2,00	21,00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	2,00	21,00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	2,00	21,00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	2,00	20,00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	2,00	7,00
04641	Salad dressing, mayonnaise, light	2,00	6,00
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	2,00	13,00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	2,00	21,00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	2,00	21,00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	2,00	21,00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	2,00	21,00
04708	Mayonnaise, reduced fat, with olive oil	2,00	0,00
06008	Soup, beef broth or bouillon canned, ready-to-serve	2,00	6,00
06013	Soup, chicken broth, canned, condensed	2,00	6,00
06045	Soup, onion, canned, condensed	2,00	22,00
06070	Soup, chunky beef, canned, ready-to-serve	2,00	13,00
06114	Gravy, au jus, canned	2,00	4,00
06116	Gravy, beef, canned, ready-to-serve	2,00	6,00
06121	Gravy, mushroom, canned	2,00	7,00
06125	Gravy, turkey, canned, ready-to-serve	2,00	4,00
06401	Soup, cream of asparagus, canned, prepared with equal volume water	2,00	12,00
06411	Soup, cheese, canned, prepared with equal volume water	2,00	57,00
06417	Soup, chicken gumbo, canned, prepared with equal volume water	2,00	10,00
06443	Soup, cream of mushroom, canned, prepared with equal volume water	2,00	7,00
06446	Soup, cream of onion, canned, prepared with equal volume water	2,00	14,00
06448	Soup, oyster stew, canned, prepared with equal volume water	2,00	9,00
06463	Soup, tomato rice, canned, prepared with equal volume water	2,00	11,00
06465	Soup, turkey noodle, canned, prepared with equal volume water	2,00	5,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
06466	Soup, turkey vegetable, canned, prepared with equal volume water	2,00	7,00
06475	Soup, beef broth or bouillon, powder, prepared with water	2,00	4,00
06476	Soup, beef broth, cubed, prepared with water	2,00	4,00
06480	Soup, chicken broth or bouillon, dry, prepared with water	2,00	6,00
06483	Soup, cream of chicken, dry, mix, prepared with water	2,00	29,00
06955	Soup, cream of chicken, canned, condensed, reduced sodium	2,00	11,00
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	2,00	19,00
06977	Gravy, meat or poultry, low sodium, prepared	2,00	6,00
06978	Soup, beef and mushroom, low sodium, chunk style	2,00	13,00
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	2,00	20,00
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	2,00	37,00
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	2,00	43,00
09007	Apples, canned, sweetened, sliced, drained, unheated	2,00	4,00
09055	Blueberries, frozen, sweetened	2,00	6,00
09081	Cranberry sauce, canned, sweetened	2,00	3,00
09435	Guava nectar, canned, with added ascorbic acid	2,00	8,00
09519	Guava nectar, with sucralose, canned	2,00	8,00
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	2,00	3,00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	2,00	3,00
10004	Pork, fresh, backfat, raw	--	2,00
11108	Butterbur, canned	2,00	34,00
11446	Seaweed, laver, raw	2,00	70,00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	2,00	3,00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	2,00	0,00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	--	2,00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	--	2,00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	--	2,00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	2,00	4,00
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	2,00	9,00
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	2,00	3,00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	2,00	4,00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	2,00	11,00
14281	Beverages, tea, black, ready to drink, decaffeinated	2,00	11,00
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	2,00	5,00
14293	Lemonade, frozen concentrate, white, prepared with water	2,00	4,00
14303	Limeade, frozen concentrate, prepared with water	--	2,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14323	Beverages, orange drink, canned, with added vitamin C	2,00	5,00
14367	Beverages, tea, instant, unsweetened, prepared with water	2,00	3,00
14376	Beverages, tea, instant, lemon, diet	2,00	3,00
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	2,00	16,00
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	2,00	130,00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	2,00	5,00
14439	Water, bottled, non-carbonated, NAYA	2,00	4,00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	2,00	4,00
14555	Water, bottled, generic	2,00	10,00
14559	Beverages, water, bottled, non-carbonated, EVIAN	2,00	8,00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	2,00	5,00
18373	Leavening agents, cream of tartar	2,00	8,00
18976	KASHI, TLC, Country Cheddar Crackers	2,00	63,00
19108	Candies, jellybeans	2,00	3,00
19116	Candies, marshmallows	2,00	3,00
19128	Syrups, table blends, pancake, reduced-calorie	2,00	10,00
19129	Syrups, table blends, pancake	2,00	3,00
19172	Gelatin desserts, dry mix	2,00	3,00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	2,00	8,00
19198	Puddings, tapioca, dry mix	2,00	4,00
19217	Frozen novelties, ice type, fruit, no sugar added	--	2,00
19228	Frostings, cream cheese-flavor, ready-to-eat	2,00	3,00
19244	Frostings, vanilla, creamy, dry mix	2,00	3,00
19247	Frostings, white, fluffy, dry mix, prepared with water	2,00	4,00
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	2,00	138,00
19296	Honey	2,00	6,00
19303	Marmalade, orange	2,00	38,00
19312	Pie fillings, apple, canned	2,00	4,00
19318	Puddings, banana, dry mix, instant	2,00	6,00
19360	Syrups, table blends, pancake, with 2% maple	2,00	5,00
19361	Syrups, table blends, cane and 15% maple	2,00	12,00
19365	Toppings, marshmallow cream	2,00	3,00
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	2,00	6,00
19375	Frostings, glaze, prepared-from-recipe	2,00	17,00
19384	Candies, divinity, prepared-from-recipe	2,00	5,00
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	2,00	3,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19705	Puddings, banana, dry mix, instant, with added oil	2,00	6,00
19709	Puddings, tapioca, dry mix, with no added salt	2,00	4,00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	2,00	5,00
19908	Sugar, turbinado	2,00	12,00
20117	Noodles, japanese, somen, cooked	2,00	8,00
27000	Soup, egg drop, Chinese restaurant	2,00	7,00
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	2,00	--
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	2,00	6,00
42137	Salad dressing, peppercorn dressing, commercial, regular	2,00	22,00
42140	Salad dressing, italian dressing, reduced calorie	2,00	6,00
42193	Salad Dressing, mayonnaise-like, fat-free	2,00	6,00
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	2,00	28,00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	2,00	28,00
43015	Salad dressing, caesar dressing, regular	2,00	48,00
43016	Salad dressing, coleslaw	2,00	14,00
43021	Salad dressing, caesar, low calorie	2,00	24,00
43114	Vermicelli, made from soy	2,00	55,00
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	2,00	14,00
43401	Beverages, coffee, instant, with whitener, reduced calorie	2,00	18,00
43497	Jellyfish, dried, salted	--	2,00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	1,00	78,00
19018	Fruit syrup	1,00	8,00
19030	Syrup, fruit flavored	1,00	0,00
19106	Candies, gumdrops, starch jelly pieces	1,00	3,00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1,00	0,00
19173	Gelatin desserts, dry mix, prepared with water	1,00	3,00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	1,00	3,00
19181	Candies, YORK BITES	1,00	10,00
19202	Puddings, vanilla, dry mix, instant	1,00	12,00
19222	Desserts, rennin, vanilla, dry mix	1,00	117,00
19230	Frostings, vanilla, creamy, ready-to-eat	1,00	3,00
19280	Frozen novelties, ice type, lime	1,00	2,00
19283	Frozen novelties, ice type, pop	1,00	0,00
19310	Pectin, unsweetened, dry mix	1,00	7,00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	1,00	8,00
19350	Syrups, corn, light	1,00	13,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	1,00	0,00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	1,00	2,00
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	1,00	2,00
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1,00	0,00
19912	Sweetener, syrup, agave	--	1,00
19919	Candies, fruit snacks, with high vitamin C	1,00	0,00
20068	Tapioca, pearl, dry	1,00	20,00
28036	GIRL SCOUTS, Trefoils Cookies	1,00	--
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	1,00	36,00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	1,00	10,00
43268	Whipped cream substitute, dietetic, made from powdered mix	1,00	3,00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	1,00	0,00
43543	Milk, imitation, non-soy	1,00	82,00
43598	Mayonnaise dressing, no cholesterol	1,00	7,00
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	1,00	2,00
01002	Butter, whipped, with salt	1,00	23,00
01069	Cream substitute, powdered	1,00	2,00
01072	Dessert topping, pressurized	1,00	5,00
02047	Salt, table	1,00	24,00
02052	Vanilla extract, imitation, no alcohol	1,00	3,00
02053	Vinegar, distilled	1,00	6,00
04025	Salad dressing, mayonnaise, regular	1,00	8,00
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	1,00	18,00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	1,00	6,00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	1,00	10,00
04611	Margarine, regular, 80% fat, composite, tub, with salt	1,00	3,00
04618	Margarine, regular, 80% fat, composite, tub, without salt	1,00	3,00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	1,00	3,00
04630	Margarine Spread, approximately 48% fat, tub	1,00	4,00
04631	Margarine-like, vegetable oil spread, fat-free, tub	1,00	8,00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	1,00	0,00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	1,00	0,00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	1,00	3,00
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	1,00	3,00
04687	Margarine-like spread, BENECOL Light Spread	1,00	4,00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	1,00	6,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	1,00	3,00
06183	Soup, chicken broth, less/reduced sodium, ready to serve	1,00	8,00
06188	Soup, beef broth, less/reduced sodium, ready to serve	1,00	3,00
06194	Soup, chicken broth, ready-to-serve	1,00	4,00
06413	Soup, chicken broth, canned, prepared with equal volume water	1,00	4,00
06416	Soup, cream of chicken, canned, prepared with equal volume water	1,00	14,00
06453	Soup, cream of potato, canned, prepared with equal volume water	1,00	8,00
06481	Soup, chicken broth cubes, dry, prepared with water	1,00	5,00
06611	Soup, SWANSON, beef broth, lower sodium	1,00	2,00
06615	Soup, SWANSON, vegetable broth	1,00	3,00
06700	Soup, vegetable broth, ready to serve	1,00	3,00
06963	Fish broth	1,00	30,00
06970	Soup, chicken broth, low sodium, canned	1,00	4,00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	1,00	4,00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	--	1,00
11497	Succotash, (corn and limas), canned, with cream style corn	1,00	11,00
13335	Beef, variety meats and by-products, suet, raw	1,00	2,00
14009	Alcoholic beverage, daiquiri, canned	1,00	0,00
14027	Alcoholic beverage, whiskey sour, canned	1,00	0,00
14028	Beverages, Whiskey sour mix, bottled	1,00	2,00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	--	1,00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	1,00	3,00
14121	Beverages, carbonated, club soda	1,00	5,00
14130	Carbonated beverage, cream soda	1,00	5,00
14136	Beverages, carbonated, ginger ale	1,00	3,00
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	1,00	3,00
14142	Beverages, carbonated, grape soda	1,00	3,00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	1,00	4,00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	1,00	2,00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	1,00	2,00
14150	Beverages, carbonated, orange	1,00	5,00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	1,00	4,00
14157	Beverages, carbonated, root beer	1,00	5,00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	1,00	4,00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	1,00	3,00
14190	Beverages, tea, green, ready-to-drink, diet	--	1,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	1,00	4,00
14217	Beverages, OCEAN SPRAY, Cran Grape	1,00	3,00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	1,00	2,00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	1,00	3,00
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	1,00	2,00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	1,00	2,00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	--	1,00
14238	Beverages, cranberry-apple juice drink, bottled	1,00	3,00
14242	Cranberry juice cocktail, bottled	1,00	3,00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	1,00	2,00
14256	Beverages, OCEAN SPRAY, Cran Cherry	1,00	3,00
14257	Beverages, OCEAN SPRAY, Light Cranberry	1,00	3,00
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	1,00	4,00
14260	Beverages, tea, green, brewed, decaffeinated	1,00	0,00
14277	Beverages, grape drink, canned	1,00	52,00
14278	Beverages, tea, green, brewed, regular	1,00	0,00
14279	Beverages, tea, black, ready-to-drink, peach, diet	--	1,00
14284	Beverages, Cranberry juice cocktail	1,00	3,00
14350	Strawberry-flavor beverage mix, powder	1,00	4,00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	1,00	2,00
14381	Beverages, tea, herb, other than chamomile, brewed	1,00	2,00
14385	Beverages, water, bottled, POLAND SPRING	--	1,00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	1,00	52,00
14411	Beverages, water, tap, drinking	1,00	3,00
14412	Beverages, water, tap, well	1,00	3,00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1,00	3,00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	1,00	39,00
14429	Beverages, water, tap, municipal	1,00	3,00
14432	Beverages, water, bottled, non-carbonated, DANNON	1,00	3,00
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	1,00	3,00
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	1,00	40,00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	1,00	3,00
14530	Whiskey sour mix, bottled, with added potassium and sodium	1,00	2,00
14531	Alcoholic beverage, whiskey sour	--	1,00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	1,00	4,00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	1,00	17,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14544	Beverages, tea, black, brewed, prepared with distilled water	1,00	0,00
14545	Beverages, tea, herb, brewed, chamomile	1,00	2,00
14552	Carbonated beverage, chocolate-flavored soda	1,00	4,00
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	1,00	2,00
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	1,00	2,00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	1,00	8,00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	1,00	3,00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	1,00	3,00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	1,00	42,00
01003	Butter oil, anhydrous	0,00	4,00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0,00	9,00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0,00	9,00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	--	0,00
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0,00	125,00
04001	Fat, beef tallow	--	0,00
04002	Lard	--	0,00
04016	Salad dressing, sesame seed dressing, regular	0,00	19,00
04022	Salad dressing, russian dressing, low calorie	0,00	19,00
04027	Salad dressing, mayonnaise, imitation, soybean	--	0,00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	--	0,00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	--	0,00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	--	0,00
04037	Oil, rice bran	--	0,00
04038	Oil, wheat germ	--	0,00
04042	Oil, peanut, salad or cooking	--	0,00
04044	Oil, soybean, salad or cooking	--	0,00
04047	Oil, coconut	0,00	1,00
04053	Oil, olive, salad or cooking	0,00	1,00
04055	Oil, palm	--	0,00
04058	Oil, sesame, salad or cooking	--	0,00
04060	Oil, sunflower, linoleic (less than 60%)	--	0,00
04133	Salad dressing, french, home recipe	0,00	6,00
04135	Salad dressing, home recipe, vinegar and oil	--	0,00
04501	Oil, cocoa butter	--	0,00
04502	Oil, cottonseed, salad or cooking	--	0,00
04506	Oil, sunflower, linoleic, (approx. 65%)	--	0,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	--	0,00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	--	0,00
04513	Vegetable oil, palm kernel	--	0,00
04514	Oil, poppyseed	--	0,00
04515	Oil, tomatoseed	--	0,00
04516	Oil, teaseed	--	0,00
04517	Oil, grapeseed	--	0,00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	--	0,00
04520	Fat, mutton tallow	--	0,00
04528	Oil, walnut	--	0,00
04529	Oil, almond	--	0,00
04530	Oil, apricot kernel	--	0,00
04531	Oil, soybean lecithin	--	0,00
04532	Oil, hazelnut	--	0,00
04534	Oil, babassu	--	0,00
04536	Oil, sheanut	--	0,00
04541	Oil, cupu assu	--	0,00
04542	Fat, chicken	--	0,00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	--	0,00
04544	Shortening, household, lard and vegetable oil	--	0,00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	--	0,00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	--	0,00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	--	0,00
04549	Shortening industrial, lard and vegetable oil	--	0,00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	--	0,00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	--	0,00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	--	0,00
04556	Shortening frying (heavy duty), palm (hydrogenated)	--	0,00
04559	Shortening household soybean (hydrogenated) and palm	--	0,00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	--	0,00
04570	Shortening, confectionery, fractionated palm	--	0,00
04572	Oil, nutmeg butter	--	0,00
04573	Oil, ucuhuba butter	--	0,00
04574	Fat, duck	--	0,00
04575	Fat, turkey	--	0,00
04576	Fat, goose	--	0,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
04581	Oil, avocado	--	0,00
04582	Oil, canola	--	0,00
04583	Oil, mustard	--	0,00
04584	Oil, sunflower, high oleic (70% and over)	--	0,00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	--	0,00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	--	0,00
04588	Oil, oat	--	0,00
04589	Fish oil, cod liver	--	0,00
04590	Fish oil, herring	--	0,00
04591	Fish oil, menhaden	--	0,00
04592	Fish oil, menhaden, fully hydrogenated	--	0,00
04593	Fish oil, salmon	--	0,00
04594	Fish oil, sardine	--	0,00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	--	0,00
04606	Meat drippings (lard, beef tallow, mutton tallow)	--	0,00
04609	Animal fat, bacon grease	--	0,00
04615	Shortening, vegetable, household, composite	0,00	1,00
04642	Oil, industrial, mid-oleic, sunflower	--	0,00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	--	0,00
04644	Oil, industrial, canola for salads, woks and light frying	--	0,00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	--	0,00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	--	0,00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	--	0,00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	--	0,00
04650	Oil, industrial, soy, refined, for woks and light frying	--	0,00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	--	0,00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	--	0,00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	--	0,00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	--	0,00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	--	0,00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0,00	1,00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0,00	1,00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0,00	1,00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0,00	2,00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0,00	1,00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0,00	1,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0,00	1,00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0,00	2,00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	--	0,00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	--	0,00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	--	0,00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	--	0,00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	--	0,00
04679	Oil, PAM cooking spray, original	--	0,00
04698	Oil, industrial, canola, high oleic	--	0,00
04699	Oil, industrial, soy, low linolenic	--	0,00
04700	Oil, industrial, soy, ultra low linolenic	--	0,00
04701	Oil, industrial, soy, fully hydrogenated	--	0,00
04702	Oil, industrial, cottonseed, fully hydrogenated	--	0,00
06423	Soup, chicken with rice, canned, prepared with equal volume water	0,00	9,00
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0,00	4,00
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	--	0,00
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	--	0,00
10864	Pork, bacon, rendered fat, cooked	0,00	1,00
12077	Nuts, beechnuts, dried	0,00	1,00
14021	Beverages, Energy drink, Citrus	0,00	8,00
14022	Beverages, MONSTER energy drink, low carb	--	0,00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	--	0,00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	--	0,00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	--	0,00
14034	Alcoholic beverage, creme de menthe, 72 proof	--	0,00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	--	0,00
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
14052	Alcoholic beverage, distilled, whiskey, 86 proof	--	0,00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	--	0,00
14061	Beverages, Energy Drink, sugar free	--	0,00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	--	0,00
14073	Beverages, ZEVIA, cola	--	0,00
14074	Beverages, ZEVIA, cola, caffeine free	--	0,00
14076	Beverages, ICELANDIC, Glacial Natural spring water	0,00	1,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	--	0,00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0,00	3,00
14147	Beverages, carbonated, cola, without caffeine	0,00	2,00
14148	Beverages, carbonated, cola, regular	0,00	1,00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0,00	2,00
14153	Beverages, carbonated, pepper-type, contains caffeine	0,00	3,00
14155	Beverages, carbonated, tonic water	0,00	1,00
14161	Beverages, Kiwi Strawberry Juice Drink	--	0,00
14165	Beverages, carbonated, limeade, high caffeine	0,00	2,00
14167	Beverages, POWERADE, Zero, Mixed Berry	--	0,00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0,00	188,00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0,00	1,00
14206	Beverages, tea, green, ready-to-drink, sweetened	0,00	1,00
14207	Beverages, tea, ready-to-drink, lemon, diet	--	0,00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	--	0,00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0,00	8,00
14247	Beverages, tea, black, ready to drink	--	0,00
14261	Beverages, tea, green, ready to drink, unsweetened	0,00	1,00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	--	0,00
14276	Beverages, Tropical Punch, ready-to-drink	--	0,00
14384	Beverages, water, bottled, PERRIER	0,00	14,00
14400	Beverages, carbonated, cola, fast-food cola	0,00	2,00
14407	Beverages, orange-flavor drink, breakfast type, powder	0,00	385,00
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	--	0,00
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	--	0,00
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	--	0,00
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	0,00	3,00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0,00	1,00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0,00	1,00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0,00	1,00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	0,00	1,00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	--	0,00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	--	0,00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	--	0,00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	--	0,00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0,00	1,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	--	0,00
14629	Beverages, Energy drink, ROCKSTAR	0,00	1,00
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	--	0,00
16246	SILK Nog, soymilk	0,00	16,00
16247	SILK Chai, soymilk	0,00	123,00
16248	SILK Mocha, soymilk	0,00	123,00
16249	SILK Coffee, soymilk	0,00	123,00
17169	Game meat, goat, cooked, roasted	0,00	17,00
18372	Leavening agents, baking soda	--	0,00
19070	Candies, butterscotch	0,00	4,00
19099	Candies, fondant, prepared-from-recipe	0,00	3,00
19113	Syrups, table blends, pancake, with butter	0,00	2,00
19152	Candies, ROLO Caramels in Milk Chocolate	0,00	145,00
19163	Chewing gum	--	0,00
19187	Flan, caramel custard, dry mix	0,00	24,00
19206	Puddings, vanilla, dry mix, regular	0,00	5,00
19281	Frozen novelties, ice type, italian, restaurant-prepared	0,00	1,00
19330	Puddings, lemon, dry mix, instant	0,00	2,00
19335	Sugars, granulated	0,00	1,00
19336	Sugars, powdered	0,00	1,00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	--	0,00
19351	Syrups, corn, high-fructose	--	0,00
19382	Candies, taffy, prepared-from-recipe	0,00	8,00
19408	Snacks, pork skins, barbecue-flavor	0,00	43,00
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	--	0,00
19907	Sweeteners, for baking, contains sugar and sucralose	0,00	1,00
19918	Sweetener, herbal extract powder from Stevia leaf	--	0,00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	0,00	119,00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	0,00	60,00
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	0,00	49,00
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	0,00	76,00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	0,00	57,00
28006	KELLOGG'S, CINNABON, Pancakes, Original	0,00	76,00
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	0,00	--
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	0,00	--
42136	Cream substitute, powdered, light	0,00	1,00

NDB_No	Description	Magnesium, Mg(mg) Value Per	Calcium, Ca(mg) Value Per
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	--	0,00
42141	Cream substitute, liquid, light	0,00	1,00
42151	Vegetable oil-butter spread, reduced calorie	0,00	6,00
42231	Oil, flaxseed, cold pressed	0,00	1,00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	--	0,00
42281	Gums, seed gums (includes locust bean, guar)	0,00	294,00
42289	Oil, corn and canola	--	0,00
43026	Syrups, sugar free	--	0,00
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	--	0,00
43058	Candies, hard, dietetic or low calorie (sorbitol)	--	0,00
43060	Chewing gum, sugarless	0,00	20,00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	--	0,00
43214	Butter replacement, without fat, powder	0,00	23,00
43216	Sweeteners, tabletop, fructose, dry, powder	--	0,00
43355	Mayonnaise, low sodium, low calorie or diet	--	0,00
44005	Oil, corn, peanut, and olive	--	0,00
44018	Sweeteners, tabletop, fructose, liquid	0,00	1,00