USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 22:6 n-3 (DHA) (g) ; 20:5 n-3 (EPA) (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 06:35 EDT

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
04593	Fish oil, salmon	13.6	1.0 tbsp	2.480	1.771
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	2.372	1.295
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	1.642	0.977
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.580	1.300
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.569	1.006
04594	Fish oil, sardine	13.6	1.0 tbsp	1.449	1.379
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.390	0.429
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.272	1.788
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	1.246	0.583
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	1.238	0.586
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.215	0.349
04591	Fish oil, menhaden	13.6	1.0 tbsp	1.164	1.791
15094	Fish, shad, american, raw	85.0	3.0 oz	1.123	0.923
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.100	0.258
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	1.088	0.000
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	1.025	0.345
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.970	0.309
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.948	0.273
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.938	0.733
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.930	0.269
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.860	0.280
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.802	0.857
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.800	0.269
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.792	0.433
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.782	0.737
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.779	0.378
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.778	0.378
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.774	0.457
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.769	0.473

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.764	1.180
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.758	0.705
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.757	0.241
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.744	0.669
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.727	0.000
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.706	0.462
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.698	0.327
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.685	0.718
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.656	0.108
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.637	0.440
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.632	0.284
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.618	0.858
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.615	0.444
15074	Fish, sablefish, raw	85.0	3.0 oz	0.610	0.575
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.608	0.439
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.597	0.402
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.597	0.402
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.594	0.371
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.591	0.452
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.586	0.824
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.579	0.233
04590	Fish oil, herring	13.6	1.0 tbsp	0.572	0.853
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.570	0.000
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.569	0.275
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.564	0.418
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.562	0.208
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.560	0.208
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.559	0.341
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.558	0.365
15110	Fish, swordfish, raw	85.0	3.0 oz	0.550	0.091
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.535	0.198
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.535	0.198
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.502	0.000
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.497	0.144
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.495	0.357
04589	Fish oil, cod liver	4.5	1.0 tsp	0.494	0.310

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.482	0.468
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.476	0.254
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.468	0.031
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.460	0.303
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.456	0.300
15090	Fish, scup, raw	85.0	3.0 oz	0.451	0.088
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.448	0.269
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.444	0.197
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.437	0.184
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.430	0.235
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.429	0.254
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.428	0.573
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.420	0.161
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.417	0.160
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.411	0.000
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.408	0.171
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.391	--
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.388	0.000
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.383	0.077
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.380	0.282
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.375	0.103
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.366	0.219
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.366	0.216
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.357	0.136
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.357	0.142
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.355	0.234
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.355	0.159
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.339	0.185
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.339	0.185
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.335	0.198
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.334	0.275
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.334	0.447
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.323	0.138
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.323	0.375
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.313	0.251
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.298	0.060

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15112	Fish, tilefish, raw	85.0	3.0 oz	0.293	0.072
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.292	0.059
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.284	0.189
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.283	0.155
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.282	0.188
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.273	0.057
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.269	0.261
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.268	0.253
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.268	0.125
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.263	0.141
15103	Fish, spot, raw	64.0	1.0 fillet	0.262	0.141
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.261	0.186
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.254	0.052
06963	Fish broth	244.0	1.0 cup	0.246	0.232
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.246	0.161
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.244	0.201
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.244	0.120
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.244	0.196
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.241	0.000
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.232	0.041
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.230	0.300
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.226	0.123
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.225	0.179
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.221	0.113
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.221	0.043
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.212	0.065
15013	Fish, cisco, raw	79.0	1.0 fillet	0.203	0.075
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.202	0.017
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.201	0.077
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.199	0.082
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.199	0.110
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.196	0.143
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.194	0.179
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.193	0.104
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.193	0.148
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.191	0.073

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.191	0.138
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.190	0.040
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.187	0.023
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.185	0.172
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.184	0.146
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.181	0.030
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.179	0.195
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.178	0.233
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.177	0.139
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.176	0.140
15014	Fish, cisco, smoked	28.35	1.0 oz	0.174	0.181
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.173	0.160
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.170	0.000
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.169	0.204
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.169	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.168	0.213
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.167	0.076
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.164	0.076
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.158	0.395
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.157	0.060
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.154	0.042
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.151	0.056
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.150	0.116
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.147	0.039
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.145	0.004
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.141	0.064
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.141	0.064
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.139	0.000
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.138	0.129
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.138	0.167
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.135	0.093
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.134	0.071
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.132	0.068
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.131	0.003
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.130	0.003
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.130	0.136

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.128	--
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.128	0.145
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.126	0.028
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.125	0.016
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.125	0.219
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.125	0.219
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.124	0.117
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.124	0.259
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.123	0.282
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.121	0.086
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.120	0.003
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.120	0.115
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.119	0.020
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.118	0.290
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.117	0.014
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.116	0.000
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.114	0.149
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.114	0.126
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.114	0.082
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.113	0.004
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.113	0.170
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.112	0.066
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.112	0.000
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.111	0.050
15006	Fish, burbot, raw	116.0	1.0 fillet	0.111	0.081
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.111	0.039
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.111	0.081
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.110	0.113
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.109	0.056
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.106	0.038
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.105	0.093
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.105	0.117
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.104	0.047
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.103	0.046
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.102	0.153
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.102	0.054

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.101	0.212
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.100	0.006
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.099	0.029
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.097	0.041
15008	Fish, carp, raw	85.0	3.0 oz	0.097	0.202
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.096	0.075
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.096	0.022
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.096	0.239
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.096	0.220
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.093	0.038
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.092	0.225
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.091	0.061
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.091	0.071
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.090	0.136
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.090	0.060
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.089	0.038
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.089	0.013
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.088	0.061
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.088	0.005
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.086	0.023
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.084	0.028
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.084	0.014
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.084	0.021
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.082	0.040
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.082	0.040
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.081	0.008
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.081	0.036
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.080	--
20035	Quinoa, uncooked	170.0	1.0 cup	0.080	0.000
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.079	0.119
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.079	0.165
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.077	0.098
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.077	0.097
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.076	--
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.076	0.052

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.076	0.052
15033	Fish, haddock, raw	85.0	3.0 oz	0.076	0.036
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.075	0.000
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.075	0.025
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.075	0.186
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.075	0.017
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.072	0.029
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.070	0.028
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.070	0.014
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.070	0.014
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.070	0.014
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.070	0.014
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.069	0.065
15109	Fish, surimi	28.35	1.0 oz	0.068	0.045
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.068	0.017
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.063	0.028
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.062	0.070
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.060	0.000
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.060	0.056
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.060	0.008
05311	Chicken, canned, no broth	28.0	1.0 oz	0.059	0.003
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.058	0.014
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.058	0.014
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.056	0.033
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.056	0.000
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.056	0.014
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.056	0.014
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.056	0.014
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.056	0.014
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.056	0.014
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.056	0.014
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.056	0.014
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.056	0.000
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.056	0.008
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.055	0.011

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.055	0.022
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.054	0.037
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.054	0.071
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.053	0.000
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.053	0.017
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.052	0.007
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.051	0.000
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.051	0.023
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.051	0.017
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.051	0.020
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.050	0.028
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.050	0.018
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.049	0.129
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.049	0.014
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.048	0.014
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.048	0.022
15128	Fish, tuna salad	85.0	3.0 oz	0.047	0.012
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.046	0.012
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.045	--
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.045	0.044
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.044	0.000
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.044	0.127
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.044	0.011
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.043	0.018
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.043	0.009
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.042	0.008
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.042	0.008
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.042	0.008
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.042	0.008
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.042	0.014
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.042	0.014
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.042	0.014

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.042	0.000
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.042	0.014
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.042	0.014
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.041	0.105
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.040	0.000
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.040	0.013
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.040	0.101
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.039	0.011
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.039	0.011
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.039	0.027
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.038	0.000
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.038	0.019
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.038	0.010
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.037	0.000
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.037	0.000
05305	Ground turkey, raw	453.6	1.0 lb	0.036	0.027
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.036	0.014
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.036	0.017
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.036	0.000
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.035	0.007
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.035	0.018
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.034	0.017
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.034	0.008
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.034	0.008
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.034	0.000
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.034	0.008
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.034	0.008
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.034	0.000
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.034	0.051
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.034	0.008
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.034	0.008
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.034	0.051
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034	0.011

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.034	0.000
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034	0.007
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.032	0.006
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.032	0.088
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.032	0.105
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.032	0.027
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.032	0.000
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.032	0.000
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.031	0.000
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.031	0.008
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.031	0.009
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.031	0.000
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.031	0.062
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.031	0.039
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.030	0.087
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.029	0.004
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.029	0.000
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.029	0.000
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.029	0.000
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.028	0.014
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.028	0.008
93600	Turtle, green, raw	85.0	3.0 oz	0.028	0.020
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.028	0.014
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028	0.014
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028	0.014
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.028	0.006
20137	Quinoa, cooked	185.0	1.0 cup	0.028	0.000
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0.027	0.000
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0.027	0.016
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.027	0.000
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.027	0.043

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.027	0.009
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.027	0.023
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.027	--
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.026	0.003
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.026	0.003
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.026	0.130
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.026	0.026
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.026	0.007
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.026	0.000
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.026	0.015
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.026	0.009
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.026	0.010
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.026	0.008
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.026	0.008
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.026	0.008
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.026	0.008
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.026	0.008
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.026	0.076
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.026	0.008
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.026	0.008
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.026	0.008
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.026	0.000
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.026	0.008
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.026	0.008
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.026	0.008
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.026	0.008
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.026	0.008
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.025	0.003
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.024	0.007
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.024	0.004
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.024	0.000
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.024	0.002
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.024	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.024	0.000
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.024	0.067
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.024	0.008
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023	0.008
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.023	0.003
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023	0.012
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.023	0.031
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.023	0.056
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.023	0.099
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.023	0.000
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023	0.011
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.021	0.004
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.021	0.005
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.021	--
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.021	0.007
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.021	0.002
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.021	0.002
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.021	0.005
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.021	0.004
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.021	0.004
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.021	0.012
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.020	0.003
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.020	0.010
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.020	0.002
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020	0.000
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.019	0.002
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019	0.006
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019	0.004

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.019	0.032
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.019	0.011
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.019	--
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019	0.006
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.018	0.013
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.018	0.005
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.018	--
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.018	0.006
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.018	0.006
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.018	0.009
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.017	0.009
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.017	0.008
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.017	0.008
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.017	0.000
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.017	--
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.017	0.008
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.017	0.000
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.017	0.008
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.017	0.008
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.017	0.000
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.017	0.088
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.017	0.005
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.017	0.008
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016	0.004
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.016	0.052
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016	0.005

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016	0.003
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.015	0.004
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.015	0.000
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.015	0.004
11656	Corn pudding, home prepared	250.0	1.0 cup	0.015	0.002
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.015	0.023
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.015	0.018
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.015	0.000
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.014	0.021
17162	Game meat, caribou, raw	28.35	1.0 oz	0.014	--
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014	0.009
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.014	0.013
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.014	0.000
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.014	0.028
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.014	0.025
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.014	0.028
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.014	0.023
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014	0.007
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.014	0.024
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.014	0.017
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.014	0.044
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.014	0.024
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.014	0.007
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.014	0.008
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.013	0.009
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.013	0.004
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.013	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.013	0.030
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.013	0.003
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.013	0.031
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.013	0.024
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.013	0.024
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.013	0.008
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.013	--
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.013	0.000
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.013	--
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.013	0.000
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012	0.002
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.012	0.025
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	0.012	0.021
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.012	--
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.012	0.012
05335	Chicken, feet, boiled	28.35	1.0 oz	0.012	0.004
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	0.012	0.024
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.012	--
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012	0.003
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012	0.003
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	--
07052	Pastrami, turkey	57.0	2.0 slices	0.011	0.000
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.011	0.028
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.011	0.025
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.011	0.000
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.011	0.028
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.011	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.011	0.028
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.011	0.000
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.011	0.002
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.011	0.000
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.010	0.000
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.010	0.003
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.010	0.023
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.010	0.001
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.010	0.001
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.010	0.007
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.010	0.005
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.010	0.020
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.010	0.003
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.010	0.020
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.010	0.006
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.010	0.020
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.010	0.000
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.010	0.003
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.010	0.007
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.010	0.023
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.010	0.001
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.010	0.005
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.010	0.000
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.010	0.000
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.010	0.000
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.010	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.010	0.000
11658	Spinach souffle	136.0	1.0 cup	0.010	0.001
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.010	0.004
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.009	0.022
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.009	0.024
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.009	0.021
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.009	0.021
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.009	0.023
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.009	0.020
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.009	0.026
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.009	0.003
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.009	0.003
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.009	0.027
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.009	0.014
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.009	0.003
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.009	0.004
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.009	0.000
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.003
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.009	0.004
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.009	0.007
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.009	0.005
80200	Frog legs, raw	45.0	1.0 leg	0.009	0.006
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.003
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.009	0.000
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.009	0.014
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.009	0.004

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.009	0.006
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.009	0.011
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.009	0.014
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.008	0.002
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.008	--
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.008	--
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.008	0.032
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.008	0.026
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.008	--
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.008	0.024
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.008	0.021
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.008	0.017
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.008	0.032
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.008	0.003
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.008	0.000
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.008	0.000
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008	0.002
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.008	0.000
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.008	0.008
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.008	0.000
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.008	0.002
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.008	0.000
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.008	0.000
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.008	0.000
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.008	0.024
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.008	0.028
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.008	0.030
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.008	0.023
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.008	--
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.008	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.008	0.006
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.008	0.003
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.008	0.032
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.008	--
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.008	0.000
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.008	0.005
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.008	0.000
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.008	0.000
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.008	0.003
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008	0.011
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.008	0.024
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.008	0.019
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.008	0.010
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008	0.023
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.008	0.023
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.008	0.018
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.008	0.000
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.008	0.000
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.008	0.000
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.007	0.000
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.007	0.000
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.007	0.000
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.007	0.000
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.007	0.000
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.007	0.008
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.007	0.004
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.007	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.007	0.000
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.007	0.000
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.007	0.000
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.007	0.000
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.007	0.000
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.007	0.000
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.007	0.000
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.007	0.000
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.007	0.020
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.007	0.023
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.007	0.022
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.007	0.008
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.007	0.000
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.007	0.000
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.007	0.008
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.007	0.006
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.007	0.021
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.007	0.017
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.007	0.016
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.007	0.033
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.007	0.026
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.007	0.033
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.007	0.019
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.007	0.019
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.007	0.021
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.007	0.029
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.007	0.000
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.007	0.004
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.007	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.006	0.001
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.006	0.003
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.006	0.004
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.006	0.004
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.006	0.004
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.006	0.000
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.006	0.000
07070	Salami, cooked, turkey	28.0	1.0 serving	0.006	0.000
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.006	0.000
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.006	0.000
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.006	0.002
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.006	0.003
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.006	0.000
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.006	0.003
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.006	0.000
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.006	0.000
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.006	0.020
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.006	0.003
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.006	0.003
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.006	0.003
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.006	0.016
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.006	0.003
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.006	0.002
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.006	0.023
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.006	0.003
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.006	0.003
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.006	0.022
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.006	0.003
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.006	0.003
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.006	0.003
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.006	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.006	0.005
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.006	0.017
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.006	0.004
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.006	0.000
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.006	0.000
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.006	0.000
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.006	0.000
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.006	0.004
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.006	0.000
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.006	--
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.006	0.017
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.006	0.023
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.006	0.004
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.006	0.003
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.006	0.000
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.006	0.002
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.006	0.014
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.006	0.000
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.006	0.000
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.006	0.029
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.006	0.025
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.006	0.009
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.006	0.017
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.006	0.009
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.006	--
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.006	--
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.006	0.009
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.006	0.000
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.006	--
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.005	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.005	0.000
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.005	0.000
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.005	0.003
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.005	0.000
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.005	0.002
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.005	--
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.005	0.000
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.005	0.000
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.005	0.087
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.005	0.003
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.005	0.020
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.005	--
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.005	0.003
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.005	0.003
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.005	0.002
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.005	0.004
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.005	0.013
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.005	0.003
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.005	0.004
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.005	0.003
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.005	0.002
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.005	0.024
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.005	0.002
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.005	0.003
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.005	0.000
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.005	0.010
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.005	0.003
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.005	0.010
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.005	0.004
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.005	0.002
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.005	0.003
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.005	0.003
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.002
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.005	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.005	0.002
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.005	0.000
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.005	0.001
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.001
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.002
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.005	0.004
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.005	--
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.005	0.000
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.005	0.000
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.002
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.005	0.009
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.005	0.000
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.005	0.002
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.005	0.003
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.005	0.002
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.005	0.000
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.005	0.002
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.005	0.000
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.005	0.000
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.005	0.000
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.005	0.072
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.005	0.021
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.005	0.021
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.005	0.021
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.005	0.019
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.004	0.010
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.004	0.000
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.001
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.002
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.004	0.001
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.004	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.004	0.000
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.004	0.000
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.004	0.025
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.004	0.022
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.004	0.010
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.004	0.010
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.004	--
05628	Emu, inside drum, raw	85.0	3.0 oz	0.004	0.002
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.004	--
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.004	0.024
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.004	--
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.004	0.007
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.004	0.010
05626	Emu, full rump, raw	85.0	3.0 oz	0.004	0.003
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.004	0.026
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.004	0.015
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.004	0.002
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.004	0.010
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.004	0.010
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.004	--
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.004	0.010
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.004	0.007
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.004	0.021
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.004	0.000
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.004	0.001
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.004	0.000
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.004	0.013
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.004	0.004
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.004	0.003
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.004	0.005
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.004	0.003
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.004	--
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.004	0.001
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.004	0.003
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.004	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.004	0.001
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.004	0.006
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.001
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.004	0.005
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.004	0.005
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.004	0.002
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.004	--
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.004	--
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.004	0.002
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.004	0.002
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.004	0.000
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.004	0.000
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.004	0.002
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.004	0.002
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.004	0.004
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.004	0.001
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.004	0.002
22971	Potato salad with egg	125.0	0.5 cup	0.004	0.000
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.004	0.000
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.004	0.005
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.004	0.005
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.004	0.010
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.004	0.000
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.004	0.000
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.004	0.005
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.004	0.000
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.004	0.001
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.004	0.001
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.004	0.003
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.004	0.011
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.004	0.002
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.004	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.004	0.000
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.004	0.006
09446	Plantains, green, fried	118.0	1.0 cup	0.004	0.001
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.001
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.004	0.002
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.003	0.000
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.003	0.002
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.003	0.022
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.003	0.023
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.003	0.001
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.003	0.003
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.003	0.005
18027	Bread, egg	28.35	1.0 oz	0.003	0.000
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.003	--
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.003	--
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.003	--
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.003	--
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.003	0.002
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.003	0.000
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.003	--
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.003	0.000
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.003	0.004
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.003	0.026
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.003	0.018
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.003	0.010
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.003	0.000
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.003	0.027
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.003	0.007
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.003	0.002
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.003	0.023
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.003	0.003
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.003	--
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.003	0.026

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.003	0.018
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.003	0.000
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.003	--
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.003	--
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.003	0.003
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.003	0.024
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.003	--
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.003	0.018
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.003	0.020
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.003	0.019
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.003	0.014
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.003	0.002
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.003	0.000
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.003	0.000
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.003	0.000
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.003	0.000
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.003	0.000
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.003	0.000
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.003	0.000
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.003	0.000
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.003	0.002
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.003	0.000
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.003	0.000
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.003	0.002
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.003	0.011
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.003	0.000
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.003	0.000
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.003	--
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.003	--
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.003	0.000
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.003	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.003	--
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.003	0.000
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.003	0.000
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.003	0.000
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.003	0.000
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.003	0.000
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.003	0.014
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.003	0.002
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.003	0.000
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.003	0.002
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.003	0.000
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.003	0.000
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.003	0.001
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.003	0.000
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.003	0.000
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.003	0.001
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.003	--
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.003	0.000
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.003	0.002
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.003	--
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.003	--
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.003	0.000
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.003	0.000
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.003	0.000
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.003	0.006
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.003	0.000
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.003	0.000
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.003	0.000
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.003	0.000
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.003	0.005
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.003	0.000
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.003	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.003	0.000
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0.003	--
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.003	0.003
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.003	0.000
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.003	0.000
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.003	0.000
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.003	0.001
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.003	0.000
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.003	0.003
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.003	0.002
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.003	0.003
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.003	0.000
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.003	--
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003	0.004
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003	0.004
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.004
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.003	0.000
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.003	0.024
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.003	0.000
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.003	0.002
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.003	0.014
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.003	0.002
07024	Frankfurter, chicken	85.0	3.0 oz	0.003	--
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.003	0.019
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.003	0.000
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.003	0.002
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.003	0.016
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.003	0.021
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.003	0.000
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.003	0.014
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.003	0.000
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.003	0.021
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.003	0.015

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.004
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.003	0.021
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.003	0.017
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.003	--
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.003	0.001
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.003	0.001
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.003	--
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.003	0.000
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	0.003	0.001
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.002	0.005
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.002	0.000
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.002	--
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.002	0.000
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.002	0.000
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.002	0.000
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.002	0.000
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.002	0.005
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.002	0.002
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.002	0.001
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.002	0.004
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.002	0.011
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.002	0.001
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.002	0.003
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.002	0.001
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.002	0.002
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.002	0.002
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.002	0.000
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.002	0.018
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.002	--
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.002	--
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.002	0.018
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.002	0.015
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.002	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.002	0.016
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.002	--
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.002	0.019
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.002	0.005
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.002	0.000
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.002	0.001
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.002	0.000
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.002	0.001
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.002	0.000
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.002	0.015
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.002	0.021
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.002	0.015
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.002	0.017
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.002	0.018
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.002	0.011
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.002	0.001
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.002	0.011
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.002	0.018
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.002	0.021
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.002	0.012
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.002	0.004
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.002	0.001
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.002	0.001
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.002	--
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.002	0.000
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.002	0.000
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.002	0.000
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.002	--
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.002	--
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.002	0.004
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.002	0.001
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.002	0.004
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.002	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.002	0.004
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.002	0.001
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.002	--
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.002	0.003
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.002	0.003
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.002	0.002
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.002	--
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.002	0.000
07971	Bologna, meat and poultry	33.0	1.0 slice	0.002	0.001
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.002	0.008
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.002	0.008
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.002	0.009
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.002	0.000
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.002	0.004
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.002	0.001
21127	Fast foods, coleslaw	191.0	1.0 cup	0.002	0.011
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.002	0.008
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.002	0.008
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.002	0.000
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.002	0.007
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.002	0.007
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.002	--
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.002	--
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.002	0.000
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.002	0.011
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.002	0.002
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.002	0.000
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.002	0.000
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.002	0.005
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.002	--
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.002	0.011
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.002	--
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.002	0.000
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.002	0.004

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.002	0.000
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.002	0.000
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.002	0.002
18355	Sweet rolls, cheese	28.35	1.0 oz	0.002	0.000
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.002	0.002
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.002	0.003
18103	Coffeecake, cheese	28.35	1.0 oz	0.002	0.000
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.002	--
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.002	0.000
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.002	0.000
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.002	0.000
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.002	0.003
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.002	0.000
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.004
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.003
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.003
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.002	0.014
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.002	0.000
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.002	0.016
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.004
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.003
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.002	0.000
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.002	0.016
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.002	0.020
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.003
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.004
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.002	0.007
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.003
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.002	--
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.003
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.002	0.000
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.003
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.001
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	--
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.002	--
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.003
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.003
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.003
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.003
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.003
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.002	0.001
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	--
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.002	0.001
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.005
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.002	0.003
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.002	0.001
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.002	0.000
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.003
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.002	0.003
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.002	0.005
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.002	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.004
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.004
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.003
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.003
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.002	0.000
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.003
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.003
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.004
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.002	0.003
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.003
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.002	--
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.003
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.005
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.002	0.000
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.002	0.003
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.003
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.003
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	--
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.002	0.000
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.002	0.000
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	--
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.001
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.002	0.003
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.003
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.002	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.001
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.002	0.003
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.004
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.002	0.014
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.002	--
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.005
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.003
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.002	0.000
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.002	--
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.003
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.002	--
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.002	0.000
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.002	0.012
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.002	0.001
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.002	0.005
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.002	0.005
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.002	0.001
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.002	0.001
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.002	0.003
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.002	0.006
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.002	0.008
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.002	0.003
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	0.001	0.003
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.001	0.004
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.001	0.000
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.001	0.000
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.001	0.000
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.001	0.000
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.001	0.000
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.001	0.000
18028	Bread, egg, toasted	28.35	1.0 oz	0.001	0.000
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.001	0.000
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.001	0.002
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.001	0.000
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.001	0.000
18240	Croissants, apple	28.35	1.0 oz	0.001	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.001	0.000
18344	Rolls, dinner, egg	28.35	1.0 oz	0.001	0.002
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.001	0.000
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.001	0.001
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.001	0.000
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.001	0.000
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.001	0.006
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.001	0.000
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.001	0.006
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.001	0.007
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.001	0.007
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.001	0.001
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.001	0.000
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.001	0.001
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.001	0.000
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.001	0.000
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.001	0.000
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.001	0.000
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.001	0.000
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.001	0.005
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.001	0.004
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.001	0.007

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.001	0.004
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.001	0.000
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.001	--
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.001	0.013
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.001	0.002
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.001	0.000
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.001	0.004
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.001	0.000
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.001	--
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.001	0.005
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.001	0.003
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.001	0.004
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.001	0.000
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.001	0.004
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.001	0.002
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.001	0.000
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.001	0.004
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.001	0.001
21416	POPEYES, Coleslaw	120.0	1.0 package	0.001	0.013
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.001	0.005
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.001	0.003
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.001	--
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.001	0.000
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.001	0.003
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.001	0.003
18224	Crackers, rusk toast	14.2	0.5 oz	0.001	0.002
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.001	0.000
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.001	0.000
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.001	0.000
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.001	0.000
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.001	0.000
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.001	0.000
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.001	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.001	0.000
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.001	0.000
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.001	0.000
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.001	0.000
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.001	0.010
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.001	0.010
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.001	0.018
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.001	0.018
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.001	0.016
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.001	0.019
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.001	0.005
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.001	0.000
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.001	0.002
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.001	0.004
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.001	0.003
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.001	0.004
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.001	0.000
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.001	--
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.001	--
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.001	0.003
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.001	0.000
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.001	0.002
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.001	0.003
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.001	0.001
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.001	0.002
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.001	0.000
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.001	0.000
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.001	0.000
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.001	0.000
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.001	0.000
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.001	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.001	0.001
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.001	--
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.001	0.000
18003	Bagels, egg	28.35	1.0 oz	0.001	0.000
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.001	0.000
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.001	0.000
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.001	0.000
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.001	0.000
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.001	0.000
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.001	0.000
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.001	0.001
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.001	0.000
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.001	0.000
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.001	0.000
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.001	0.000
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.001	0.000
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.001	0.000
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.001	0.000
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.001	0.000
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.003
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.001	--
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.001	0.009
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.003
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.003
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.003
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.002
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.001	0.003
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.002
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.001	0.000
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.001	0.003
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	--
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	--
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.001	0.000
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.000
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.002
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.001	0.003
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.001	0.003
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.005
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.002
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.001	0.000
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.005
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.003
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.003
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.003
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.001	0.003
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.002
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.002
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.001	--
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.004
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.003
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.005
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.001	0.002
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.000
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.003
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.001	0.003
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.003
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.004
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.001	0.002
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.003
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.001	0.002
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.001	0.000
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.001	0.003
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.001	0.002
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.001	0.002
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.002
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.003
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.002
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.003
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.003
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.003
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.002
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.001	0.003
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.001	0.000
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.001	0.000
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.003
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.000
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	--
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.003
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	--
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.003
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.001	0.020
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.001	0.003
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.002
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.001	0.002
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.001	0.003
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.003
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	--
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.001	0.000
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.005
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.001	0.007
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.001	0.003
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.001	0.000
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.000
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.000
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.002
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.005
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.001	--
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.001	0.002
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.001	0.003
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	--
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.003
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.003
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.001	0.002
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.001	--
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.003
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.001	0.004
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.002
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	--
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.002
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.002
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.001	0.000
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.001	0.002
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.003
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.002
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.001	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.003
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.003
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.000
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.002
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.002
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.001	0.003
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.001	0.002
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.003
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.003
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.003
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.002
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	--
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.001	0.000
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.005
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.001	0.003
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.001	0.003
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.003
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.003
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.002
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.002
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.003
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.001	0.000
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.001	0.005
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.003
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.001	0.014
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.001	0.010
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.002
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.003
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.000
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.001	0.004
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.002
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.001	0.002
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.001	0.005
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.002
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.003
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.003
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.002
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.003
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.003
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.001	0.003
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.002
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	--
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.001	--
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.001	0.000
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.001	0.003
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.003
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.001	0.002
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.001	0.002
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.003
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.003
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.001	0.003
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.001	0.003
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.003
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.003
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.003
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.002
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.001	0.000
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.002
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.001	0.003

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.003
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.001	0.000
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.002
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.003
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.001	0.000
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.003
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.001	0.000
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.001	0.000
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.001	--
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.001	0.001
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.001	0.000
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.001	0.000
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.001	0.004
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.001	0.004
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.001	0.004
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.001	0.004
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.001	0.000
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.001	0.000
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.001	0.000
18218	Crackers, matzo, egg	14.2	0.5 oz	0.001	0.000
01238	Ice cream sandwich	70.0	1.0 serving	0.001	0.001
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.001	0.004
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.001	0.000
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.001	0.000
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.001	0.000
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.001	0.000
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.001	0.000
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.001	0.000
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.001	0.000
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.001	0.000
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.001	--
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.001	0.001
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18241	Croissants, cheese	28.35	1.0 oz	0.001	--
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.001	--
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.001	0.000
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.001	0.000
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.001	0.000
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.001	0.001
18239	Croissants, butter	28.35	1.0 oz	0.001	0.001
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.001	0.001
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.001	0.000
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.001	0.000
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.001	0.000
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.001	0.000
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.001	0.000
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.001	0.000
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.001	0.000
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.000	0.002
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.000	0.000
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.000	0.000
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.000	0.001
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.000	0.000
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000	0.000
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000	0.000
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.000	0.000
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.000	0.000
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.000	0.002
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.000	0.000
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.000	0.000
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.000	0.000
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.000	0.000
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.000	0.000
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.000	0.000
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.000	0.000
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.000	0.000
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.000	0.000
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.000	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18354	Strudel, apple	28.35	1.0 oz	0.000	0.000
18171	Cookies, fortune	28.35	1.0 oz	0.000	0.000
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.000	0.001
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	0.001
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.000	0.000
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.000	0.001
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.000	--
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.000	0.000
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.000	0.001
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.000	0.001
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	0.001
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.000	0.001
18245	Danish pastry, cheese	28.35	1.0 oz	0.000	0.000
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	0.001
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.000	0.000
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.000	0.000
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.000	0.001
18106	Coffeecake, fruit	28.35	1.0 oz	0.000	0.000
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.000	0.000
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.000	0.001
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.000	0.000
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	0.001
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.000	0.000
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.000	0.000
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	0.001
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.000	0.000
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	0.001
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.000	0.001
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.000	--
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.000	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.000	0.001
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.000	0.001
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	0.001
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.000	0.001
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	0.001
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.000	0.001
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.000	0.000
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.000	0.001
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.000	0.001
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.000	0.001
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.000	0.001
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.000	0.000
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.000	0.000
27066	Sauce, horseradish	5.6	1.0 tsp	0.000	0.000
27064	Wasabi	20.0	1.0 tablespoon	0.000	0.001
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.000	0.002
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.000	--
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.000	0.000
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.000	0.000
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.000	0.000
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.000	0.000
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.000	0.000
18223	Crackers, milk	14.2	0.5 oz	0.000	--
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.000	0.000
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.000	0.000
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.000	0.001
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000	0.001
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.000	0.001
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.000	--
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.000	0.002
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000	--
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.000	--
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.000	--
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.000	--
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000	--
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.000	--
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.000	--
09043	Blackberry juice, canned	250.0	1.0 cup	0.000	--
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.000	--
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.000	--
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.000	--
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.000	--
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.000	--
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.000	0.010
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.000	--
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.000	--
18972	Bread, cheese	48.0	1.0 slice	0.000	--
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.000	--
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.000	--
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.000	--
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.000	--
01179	Sour cream, light	12.0	1.0 tablespoon	0.000	--
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.002
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.000	--
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	--
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.000	--
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.000	--
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.000	--
02011	Spices, cloves, ground	2.1	1.0 tsp	0.000	0.000
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.000	--
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.000	--
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.000	--
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.000	--
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.000	--
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.000	--
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.000	--
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.000	--
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.000	--
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.000	--
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000	--
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.000	--
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.000	--
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.000	--
19304	Molasses	337.0	1.0 cup	0.000	--
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.000	--
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000	--
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.000	--
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000	--
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.000	0.001
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.000	--
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.000	--
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.000	--
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.000	--
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.000	--
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.000	--
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.000	--
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.000	--
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.000	--
03215	Babyfood, pretzels	28.35	1.0 oz	0.000	--
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000	--
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.000	--
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.000	0.020
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.000	--
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.000	--
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.000	--
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.000	--
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.000	--
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.000	--
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.000	--
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.000	--
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000	--
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.000	--
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.000	--
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.000	--
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.000	--
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.000	--
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.000	--
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000	--
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.000	--
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.000	--
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.000	--
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
01035	Cheese, provolone	132.0	1.0 cup, diced	0.000	--
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.000	--
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.000	--
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.000	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000	--
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.000	--
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.000	--
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.000	--
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.000	--
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.000	--
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.000	--
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.000	--
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.000	--
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.002
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.000	--
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.000	--
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.000	--
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.000	--
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.000	--
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.000	--
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.000	--
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000	--
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.000	--
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.000	--
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.000	--
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.000	--
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.000	--
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.000	--
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.000	--
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.000	--
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.000	--
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.000	--
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.000	--
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.000	--
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	--
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	--
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.000	--
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.000	--
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.000	--
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000	--
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.000	0.003
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.000	--
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.000	0.006
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.000	--
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.000	--
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.000	--
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.000	--
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.000	--
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.000	--
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	--
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.000	--
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.000	--
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0.000	--
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.000	--
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	--
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.000	--
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.000	--
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.000	--
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.000	--
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.000	--
19350	Syrups, corn, light	341.0	1.0 cup	0.000	--
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.000	--
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.000	--
18064	Bread, wheat	29.0	1.0 slice	0.000	0.001
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.000	--
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.000	--
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.000	--
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.000	--
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	0.002
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.000	--
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.000	--
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.000	--
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.000	--
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.000	--
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.000	--
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.000	--
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.000	--
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.000	--
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.000	0.004
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.000	--
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.000	--
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.000	--
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.000	--
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.000	--
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.000	--
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.000	--
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.000	--
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.000	--
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.000	--
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.000	--
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.000	0.005
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.000	--
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.000	--
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.000	--
18283	Muffins, oat bran	28.35	1.0 oz	0.000	--
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.000	--
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.000	--
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
16113	Natto	175.0	1.0 cup	0.000	--
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.000	--
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.000	--
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.000	--
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000	--
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.000	--
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000	--
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.000	--
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.000	--
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.000	--
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.000	--
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.000	--
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.000	--
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.000	--
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.000	--
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.000	--
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.000	0.022
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.000	--
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.000	--
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	0.002
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.000	--
21420	KFC, Coleslaw	112.0	1.0 package	0.000	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000	--
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.000	0.006
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.000	--
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.000	--
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.000	--
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.000	--
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.000	--
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.000	--
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.000	--
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.000	--
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.000	--
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.000	--
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.000	--
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.000	--
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.000	0.001
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.000	--
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.000	--
01114	Whey, sweet, fluid	246.0	1.0 cup	0.000	--
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.000	0.000
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.000	0.008
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	--
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.000	--
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.000	--
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.000	--
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.000	--
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.000	--
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.000	--
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	--
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.000	--
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.000	--
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.000	--
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.000	--
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.000	--
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.000	--
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.000	--
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.000	--
01017	Cheese, cream	14.5	1.0 tbsp	0.000	0.001
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.000	--
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
11090	Broccoli, raw	91.0	1.0 cup chopped	0.000	--
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.000	--
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.000	--
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.000	--
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.000	--
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.000	--
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.000	--
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.000	--
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	0.001
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.000	--
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.000	0.003
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.000	--
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000	--
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.000	--
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.000	--
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.000	0.019
02008	Spices, chervil, dried	0.6	1.0 tsp	0.000	--
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.000	--
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.000	--
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.000	--
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.000	--
09302	Raspberries, raw	123.0	1.0 cup	0.000	--
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.000	--
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.000	--
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.000	--
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.003
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.000	--
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.000	--
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.002
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.000	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000	--
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.000	--
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.000	--
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.000	--
19300	Jellies	21.0	1.0 serving 1 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000	--
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.000	--
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.000	--
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
18037	Bread, oat bran	28.35	1.0 oz	0.000	--
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.000	--
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.000	--
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.000	--
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.000	--
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.000	--
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.000	--
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.000	--
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.000	--
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.000	--
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.000	--
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.000	--
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.000	--
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.000	--
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.000	--
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.000	--
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.000	--
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.000	0.001
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.000	--
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.000	--
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.000	--
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000	--
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.000	--
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.000	--
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.000	--
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.000	--
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.000	--
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.000	--
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.000	--
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.000	--
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.000	--
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.000	--
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.000	--
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.000	--
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.000	--
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.000	--
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.000	--
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.000	--
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.000	--
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.002
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000	--
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.000	--
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.000	--
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.000	--
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.000	0.002
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000	--
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.000	--
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.000	--
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.000	--
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.000	--
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.000	--
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.000	--
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.000	--
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.000	--
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.000	--
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.000	--
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.000	--
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.000	--
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
20074	Wheat, hard white	192.0	1.0 cup	0.000	--
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.000	--
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000	--
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.000	--
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.000	--
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.000	--
19030	Syrup, fruit flavored	20.0	1.0 serving	0.000	--
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.000	--
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.000	--
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.000	--
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.000	--
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.000	--
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	0.001
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.000	--
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.000	--
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.000	--
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.000	--
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.000	--
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.000	0.005
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000	--
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.000	--
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.000	--
02028	Spices, paprika	2.3	1.0 tsp	0.000	--
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.000	--
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.000	--
43299	Soybean, curd cheese	225.0	1.0 cup	0.000	--
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.000	--
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.000	--
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.000	--
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.002
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.000	--
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.000	--
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.000	--
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.000	--
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.000	--
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.000	--
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.000	--
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.000	--
90560	Mollusks, snail, raw	85.0	3.0 oz	0.000	0.101
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
18059	Bread, rice bran	28.35	1.0 oz	0.000	--
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.000	--
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.000	0.002
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.000	0.002
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.000	--
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.000	--
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.000	--
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.000	--
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	--
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.002
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.000	--
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.000	--
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.000	0.003
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.000	--
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.000	--
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.000	--
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.000	--
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.000	--
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.000	0.001
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.000	--
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.000	0.002
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.000	--
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.000	--
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.000	--
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.000	--
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.000	--
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.000	--
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.000	--
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.000	--
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.000	--
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.000	--
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000	--
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.000	--
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.000	--
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.000	--
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.000	0.000
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.000	--
43134	Vegetarian fillets	85.0	1.0 fillet	0.000	--
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.000	--
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.000	--
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.000	0.002
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.000	--
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.000	--
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.000	--
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.000	--
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.000	--
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.000	0.002
04534	Oil, babassu	13.6	1.0 tbsp	0.000	--
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.000	0.002
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.000	--
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.000	--
11935	Catsup	17.0	1.0 tbsp	0.000	--
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.000	--
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.000	--
09088	Elderberries, raw	145.0	1.0 cup	0.000	--
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.000	--
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.000	0.018
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.000	--
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.000	0.009
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000	--
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.000	--
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.000	--
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.000	--
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.000	--
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.000	--
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.000	--
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.000	--
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.000	--
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.000	--
09229	Papaya nectar, canned	250.0	1.0 cup	0.000	--
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.000	--
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.000	--
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.000	--
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.000	--
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0.000	--
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.000	--
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.000	--
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.000	--
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.000	0.007
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.000	--
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.000	--
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.000	--
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.000	--
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000	--
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.000	--
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.000	--
09434	Guanabana nectar, canned	251.0	1.0 cup	0.000	--
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.000	--
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.000	--
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.000	0.001
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	--
07921	Bacon and beef sticks	28.0	1.0 oz	0.000	--
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	--
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.000	--
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000	--
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.000	--
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.000	--
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.000	--
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.000	--
21129	Fast foods, hush puppies	22.0	1.0 piece	0.000	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000	--
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.000	--
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.000	--
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.000	--
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000	--
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.000	--
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.000	0.004

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.000	0.006
09040	Bananas, raw	225.0	1.0 cup, mashed	0.000	--
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.000	--
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	--
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.000	--
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.000	--
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.000	--
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.000	--
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.000	0.004
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.000	--
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.000	--
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.000	--
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.000	--
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.000	--
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.000	--
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.000	--
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.003
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.000	--
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.000	--
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.000	--
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.000	0.001
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000	--
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.000	--
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.000	--
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.000	--
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.000	--
19294	Fruit butters, apple	17.0	1.0 tbsp	0.000	--
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.000	--
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.000	--
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.000	--
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.000	--
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.000	--
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.000	--
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.000	--
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.000	--
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.000	--
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.000	--
19081	Candies, sweet chocolate	28.35	1.0 oz	0.000	--
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.000	--
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.000	--
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.000	--
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.000	--
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.000	--
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
07026	Ham, chopped, canned	28.35	1.0 oz	0.000	--
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.000	0.000
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.000	--
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.000	--
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000	--
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000	--
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.000	--
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.000	0.009
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.000	--
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.002
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.000	--
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.000	--
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000	--
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.000	--
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.000	--
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.000	--
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.000	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.000	0.003
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.000	--
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.000	--
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.000	--
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.000	--
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.000	--
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.000	--
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.000	--
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.000	--
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.000	--
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.000	--
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.000	--
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.000	--
09059	Breadfruit, raw	220.0	1.0 cup	0.000	--
43406	Yeast extract spread	6.0	1.0 tsp	0.000	--
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.000	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000	--
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.000	--
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.000	--
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.000	--
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.000	--
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000	--
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.000	--
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.000	--
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.000	--
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.000	--
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.000	--
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.000	--
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09205	Oranges, raw, with peel	170.0	1.0 cup	0.000	--
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.000	--
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	--
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.000	--
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.000	--
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.000	--
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.000	--
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.000	--
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.000	--
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.000	--
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.000	--
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.000	--
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.000	--
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.000	--
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.000	--
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	0.002
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.000	--
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.000	--
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	0.000	--
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.000	--
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	0.002
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.000	--
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.000	--
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.000	--
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.000	--
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.000	--
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.000	--
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.000	--
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.000	--
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.000	--
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.000	--
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.000	--
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.000	--
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.000	--
11601	Yam, raw	150.0	1.0 cup, cubes	0.000	--
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.000	0.001
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.000	--
20012	Bulgur, dry	140.0	1.0 cup	0.000	--
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.000	--
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.000	--
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000	--
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.000	--
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.000	--
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.000	--
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.000	--
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.000	--
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.000	--
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.000	--
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.000	--
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.000	--
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.000	--
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.000	--
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.000	--
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.000	--
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.000	--
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.000	--
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.000	--
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.000	--
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.000	--
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.000	--
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.000	--
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000	--
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.000	--
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000	--
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.000	--
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.000	--
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000	--
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.000	--
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.000	--
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.000	--
09084	Currants, red and white, raw	112.0	1.0 cup	0.000	--
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000	--
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.000	--
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.000	--
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.000	--
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.000	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000	--
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	0.001
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.000	--
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.000	--
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.000	--
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.000	--
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.000	--
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.000	--
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.000	--
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.000	--
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.000	--
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.000	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0.000	--
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.000	--
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.000	--
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.000	--
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.000	--
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.000	0.002
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.000	--
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.000	--
11282	Onions, raw	160.0	1.0 cup, chopped	0.000	--
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.000	--
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.000	--
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.000	--
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.000	--
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.000	--
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.000	--
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.000	--
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.000	--
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.000	--
01225	Dulce de Leche	19.0	1.0 tbsp	0.000	0.001
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.000	--
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.000	--
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.000	--
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.000	--
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
01011	Cheese, colby	132.0	1.0 cup, diced	0.000	--
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	--
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.000	--
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.003
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.000	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000	--
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.000	--
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.000	--
02048	Vinegar, cider	14.9	1.0 tbsp	0.000	--
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.000	--
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.000	--
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.000	--
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.000	--
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.000	--
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.000	--
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.000	--
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.000	--
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.000	--
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.000	--
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.000	--
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.000	--
11457	Spinach, raw	30.0	1.0 cup	0.000	--
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.000	--
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.000	--
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.000	--
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0.000	--
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.000	--
09165	Litchis, dried	2.5	1.0 fruit	0.000	--
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.000	0.001
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.000	0.001
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.000	--
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	--
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.000	--
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.000	--
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.000	--
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.000	--
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.000	--
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.000	--
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.000	--
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.000	--
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.000	--
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.000	--
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.000	--
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.000	--
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.000	--
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.000	--
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.000	--
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.000	--
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.000	--
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.000	--
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.000	0.018
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.000	--
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.000	0.000
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.000	--
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.000	--
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.000	--
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.000	--
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.000	--
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.000	--
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.000	--
20132	Oat flour, partially debranned	104.0	1.0 cup	0.000	--
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.000	--
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.000	--
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.000	--
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.000	0.001
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.000	--
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.000	--
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.000	--
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.000	--
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.000	0.002
01025	Cheese, monterey	132.0	1.0 cup, diced	0.000	--
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.000	--
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.000	--
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
19415	Snacks, potato sticks	28.35	1.0 oz	0.000	--
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.000	--
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.000	--
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.000	--
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.000	--
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.000	0.004
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.000	--
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.000	--
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.000	0.002
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.000	--
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.000	--
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.000	--
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.000	--
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.000	--
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.002
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
20064	Rye flour, medium	102.0	1.0 cup	0.000	--
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.000	--
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.000	--
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000	--
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.000	--
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18217	Crackers, matzo, plain	14.2	0.5 oz	0.000	--
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.000	--
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.000	--
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.000	--
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.000	--
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.000	--
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.000	--
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.000	--
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.000	0.051
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.002
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.000	--
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.000	--
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.000	--
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.000	--
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.000	--
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.000	--
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.000	--
02022	Spices, mace, ground	1.7	1.0 tsp	0.000	--
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.000	--
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.000	--
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.000	--
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.000	--
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.000	--
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.000	--
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.000	--
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.000	--
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.000	--
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.000	--
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.000	--
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.000	0.010
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.000	--
11976	Pepper, banana, raw	124.0	1.0 cup	0.000	--
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.000	--
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.000	--
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.000	--
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.000	--
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.000	--
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.000	--
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.000	--
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.000	--
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.000	--
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.000	--
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.000	--
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.000	--
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.000	--
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.000	--
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.000	--
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.000	--
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.000	--
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.000	--
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000	--
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.000	--
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.000	0.001
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.000	--
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.000	--
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.000	--
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.000	--
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.000	--
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.000	--
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.000	--
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.000	--
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.000	--
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.000	--
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.000	--
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.000	0.001
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.000	--
43114	Vermicelli, made from soy	140.0	1.0 cup	0.000	--
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.000	--
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.000	--
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.000	--
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.000	--
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.000	--
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	0.000	0.011
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000	--
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.000	--
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000	--
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.000	--
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.000	--
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.000	--
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.000	--
36610	DENNY'S, french fries	165.0	1.0 serving	0.000	--
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.000	--
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.000	--
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.000	0.017
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.000	--
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.000	--
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.000	--
20089	Wild rice, cooked	164.0	1.0 cup	0.000	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000	--
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.000	--
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.000	--
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.000	--
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.000	--
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.000	--
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.000	--
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.000	--
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.000	--
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.000	--
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.000	--
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.000	--
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.000	--
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000	--
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.000	--
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.000	--
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.000	--
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.000	--
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.000	--
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.000	--
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.000	--
18338	Phyllo dough	28.35	1.0 oz	0.000	--
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.000	--
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.000	--
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.000	--
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.000	--
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.000	--
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.000	--
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000	--
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.000	--
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.000	0.001
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.000	--
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.000	--
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.001
01008	Cheese, caraway	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000	--
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.000	--
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.003
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.000	0.001
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.000	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.000	--
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.000	--
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.000	--
02044	Basil, fresh	2.5	5.0 leaves	0.000	--
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.000	--
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.000	--
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.000	0.004
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.000	--
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.000	--
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.000	--
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.000	--
20033	Oat bran, raw	94.0	1.0 cup	0.000	--
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.000	0.004
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.000	--
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.000	--
11080	Beets, raw	136.0	1.0 cup	0.000	--
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.000	0.021
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.000	--
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.000	--
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.000	--
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.000	--
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.000	--
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.000	--
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.000	0.001
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.000	0.002
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.000	0.003
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.000	--
02001	Spices, allspice, ground	1.9	1.0 tsp	0.000	--
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.000	--
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.000	--
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.000	--
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.000	--
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.000	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000	--
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.003
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.000	--
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.000	--
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.000	--
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000	--
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.000	--
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.000	--
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.000	--
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.000	--
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.000	--
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.000	--
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.000	--
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
07019	Chorizo, pork and beef	28.35	1.0 oz	0.000	--
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.000	0.001
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.000	--
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.000	--
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.000	--
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.000	--
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.000	--
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.000	--
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.000	--
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.000	--
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.000	--
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.000	--
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.000	--
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.000	--
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.000	--
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.000	--
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.000	--
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.000	--
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.000	--
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.000	--
01022	Cheese, gouda	28.35	1.0 oz	0.000	--
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.000	--
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.000	--
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.000	--
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.000	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.000	--
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.000	--
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.000	--
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.000	--
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.000	--
18360	Taco shells, baked	12.9	1.0 shell	0.000	--
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.000	--
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.000	0.002
09050	Blueberries, raw	148.0	1.0 cup	0.000	--
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.000	--
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.000	--
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.000	--
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.000	--
11098	Brussels sprouts, raw	88.0	1.0 cup	0.000	--
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.000	--
18214	Crackers, cheese, regular	14.2	0.5 oz	0.000	0.000
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.000	--
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.000	0.002
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.000	--
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.000	--
09191	Nectarines, raw	143.0	1.0 cup slices	0.000	--
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.000	--
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.000	--
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.000	--
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.000	--
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.000	--
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.000	--
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.000	--
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.000	--
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.000	--
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.000	--
02016	Spices, dill seed	2.1	1.0 tsp	0.000	--
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.000	--
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.000	--
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.000	--
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.000	--
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.000	--
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.000	--
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.000	--
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	--
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.000	--
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.000	--
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.000	--
04582	Oil, canola	14.0	1.0 tbsp	0.000	--
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.000	--
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.000	--
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.000	--
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.000	--
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.000	--
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	--
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
18044	Bread, pumpernickel	28.35	1.0 oz	0.000	--
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.000	--
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.000	--
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.000	--
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.000	--
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.000	--
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.000	--
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.001
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.000	--
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.000	--
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.000	--
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.000	--
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.000	--
20005	Barley, pearled, raw	200.0	1.0 cup	0.000	--
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.000	--
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.000	--
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.000	--
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.000	--
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.000	0.001
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.000	--
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.000	--
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.000	--
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000	--
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	0.001
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.000	--
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.000	--
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.000	--
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.000	--
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.000	--
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.000	0.001
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.000	--
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.000	--
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.000	--
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.000	--
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.002
01040	Cheese, swiss	132.0	1.0 cup, diced	0.000	--
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.000	--
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.000	--
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.000	--
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.000	0.012
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.000	--
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.000	--
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.000	--
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000	--
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.000	--
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.000	--
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.000	--
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.000	--
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.000	--
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.000	0.000
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.000	--
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000	--
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.000	--
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	--
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.000	--
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000	--
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.000	0.008
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.000	--
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.000	--
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.000	--
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.000	--
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.000	--
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.000	--
09216	Orange peel, raw	6.0	1.0 tbsp	0.000	--
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.000	--
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.000	--
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.000	--
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.000	--
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.000	--
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.000	--
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.000	--
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.000	--
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.000	0.006
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.000	--
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.000	--
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.000	--
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.000	--
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.000	--
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.000	--
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.000	--
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.000	--
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.000	--
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.000	0.001
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000	--
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
07911	Liverwurst spread	55.0	0.25 cup	0.000	--
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.000	--
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.000	--
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.000	--
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.000	0.005
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
01005	Cheese, brick	132.0	1.0 cup, diced	0.000	--
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.000	--
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.000	--
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.000	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000	--
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.000	--
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.000	--
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.000	--
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.000	--
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.000	0.010
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.000	--
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.000	--
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.000	0.011
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.000	--
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.000	--
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.000	--
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.000	--
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.000	--
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.000	--
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.000	--
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.000	0.001
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.000	--
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.000	--
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.000	--
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.000	--
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.000	--
09156	Lemon peel, raw	6.0	1.0 tbsp	0.000	--
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.000	--
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	0.001
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.000	0.001
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.000	0.001
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.000	--
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.000	--
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.000	0.004
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.000	--
11216	Ginger root, raw	2.0	1.0 tsp	0.000	--
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.000	--
18021	Bread, boston brown, canned	28.35	1.0 oz	0.000	--
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.000	--
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.000	--
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.000	--
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.000	--
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.000	--
09287	Prickly pears, raw	149.0	1.0 cup	0.000	--
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.000	--
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.000	--
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.000	--
07061	Mother's loaf, pork	28.35	1.0 oz	0.000	--
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000	--
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.000	--
11943	Pimento, canned	12.0	1.0 tbsp	0.000	--
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.000	--
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.000	--
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.000	--
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.000	--
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.000	--
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.000	--
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	--
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.000	--
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.000	--
25059	Snacks, brown rice chips	9.0	1.0 cake	0.000	--
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	--
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.000	--
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	0.001
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.000	--
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.000	--
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.000	--
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.000	--
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.000	--
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.000	--
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.000	--
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.000	--
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.000	--
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
01018	Cheese, edam	28.35	1.0 oz	0.000	--
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.000	--
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.000	--
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.000	--
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.000	--
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.000	--
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.000	--
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.000	--
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.000	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.000	--
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.000	0.002
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.000	--
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.000	--
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.000	--
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.000	--
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.000	--
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.000	--
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.000	--
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.000	0.004
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.000	--
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.000	--
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.000	--
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.000	--
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.000	--
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.000	--
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.000	0.023
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.000	--
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.000	--
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.000	--
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.000	--
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.000	--
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.000	--
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.000	--
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.000	--
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.000	--
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.000	--
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.000	--
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.000	--
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.000	--
36030	DENNY'S, hash browns	124.0	1.0 serving	0.000	--
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.000	--
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.000	--
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.000	--
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.000	--
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.000	--
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.000	--
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.000	--
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.000	--
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.000	--
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.000	--
04574	Fat, duck	12.8	1.0 tbsp	0.000	--
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.000	--
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.000	--
11963	Nopales, raw	86.0	1.0 cup, sliced	0.000	--
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.000	--
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.000	--
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.000	--
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.000	--
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.000	--
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000	--
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.000	--
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.000	--
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.000	--
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.000	--
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.000	--
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.000	--
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.000	--
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.000	--
03217	Zwieback	28.35	1.0 oz	0.000	--
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.000	--
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.000	--
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.000	--
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.000	--
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000	--
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.000	0.019
18172	Cookies, gingersnaps	28.35	1.0 oz	0.000	--
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.000	--
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.000	--
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.000	--
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.000	--
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.000	--
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.000	--
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.000	--
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.000	--
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.000	--
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.000	--
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.000	--
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.000	--
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18266	English muffins, whole-wheat	28.35	1.0 oz	0.000	--
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.000	--
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.000	--
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.000	--
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.000	--
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.000	--
16087	Peanuts, all types, raw	28.35	1.0 oz	0.000	--
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.000	--
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.000	--
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.000	--
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.000	--
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	0.002
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.000	--
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000	--
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.000	--
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000	--
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.000	--
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.000	--
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.000	--
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.000	--
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.000	--
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.000	--
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.000	--
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.000	--
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.000	--
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.000	--
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.000	--
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.000	0.008
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000	--
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11118	Cabbage, kimchi	150.0	1.0 cup	0.000	--
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.000	--
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.000	--
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.000	--
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.000	--
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.000	--
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.000	--
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.000	--
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.000	--
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.000	--
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	--
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.000	--
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.000	--
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.000	--
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.000	--
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000	--
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.000	0.005
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.000	--
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.000	0.004
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.000	--
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.000	--
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.000	--
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.000	--
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.000	--
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.000	--
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000	--
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.000	--
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.000	--
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.000	--
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	--
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.000	--
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.000	--
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.000	0.000
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.000	--
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.000	--
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.000	--
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
18065	Bread, wheat, toasted	28.35	1.0 oz	0.000	--
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.000	--
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.000	--
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.000	0.008
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.000	--
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000	--
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.000	--
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.000	--
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.000	0.001
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	0.002
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.000	--
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.000	--
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.000	--
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.000	--
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.000	--
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.000	--
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.000	--
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.000	--
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.000	0.001
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.000	--
42161	Bologna, beef, low fat	28.0	1.0 slice	0.000	--
09152	Lemon juice, raw	244.0	1.0 cup	0.000	--
01159	Cheese, goat, soft type	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.000	0.001
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.000	0.001
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.000	--
20647	Millet flour	119.0	1.0 cup	0.000	--
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.000	--
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000	--
11213	Endive, raw	25.0	0.5 cup, chopped	0.000	--
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.000	--
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.000	--
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.000	--
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.000	--
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.000	--
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.000	--
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.000	--
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.000	--
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.000	--
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.000	--
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.000	--
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.000	--
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000	--
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.000	--
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.000	--
04542	Fat, chicken	12.8	1.0 tbsp	0.000	--
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.000	--
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.000	--
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.000	--
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.000	--
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.000	--
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.000	--
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.000	--
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.000	--
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.000	0.013
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.000	--
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.000	--
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.002
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000	--
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.000	--
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.000	--
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.000	--
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.000	--
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.000	--
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.000	--
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.000	--
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.000	--
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.000	--
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.000	--
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.000	--
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.000	--
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.000	0.001
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.000	--
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.000	--
01115	Whey, sweet, dried	145.0	1.0 cup	0.000	--
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.000	--
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.000	0.002
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	--
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.000	--
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.000	--
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.000	--
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.000	--
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.000	--
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.000	--
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.000	--
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.000	--
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.000	--
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.000	--
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.000	--
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.000	--
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.000	--
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.000	--
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.000	--
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.000	--
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.000	0.005
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.000	--
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.000	--
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.000	--
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.000	--
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.000	--
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.000	--
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.000	--
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.000	--
09176	Mangos, raw	165.0	1.0 cup pieces	0.000	--
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.000	--
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.000	--
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.000	--
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000	--
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.000	--
11241	Kohlrabi, raw	135.0	1.0 cup	0.000	--
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.000	--
18033	Bread, italian	28.35	1.0 oz	0.000	--
02009	Spices, chili powder	2.7	1.0 tsp	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.000	--
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.000	--
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.000	--
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.000	--
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.000	--
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.000	--
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.000	--
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.000	--
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.000	--
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.000	--
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.000	--
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.000	--
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.000	--
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000	--
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.000	--
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.000	--
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.000	--
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.000	--
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.000	--
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.000	--
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.000	--
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.000	--
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.000	--
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.000	--
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.000	--
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.000	--
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.000	--
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.000	--
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.000	--
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.000	--
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.000	--
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.000	--
03213	Babyfood, cookies	28.35	1.0 oz	0.000	--
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.000	--
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.000	--
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.000	--
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.000	--
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.000	--
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.000	--
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.000	--
07030	Ham, minced	28.35	1.0 oz	0.000	--
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.000	--
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.000	--
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.000	--
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.000	--
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.000	0.005
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.000	--
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.000	--
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.000	--
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.000	--
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.000	--
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.000	0.008
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.000	--
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.000	--
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.000	--
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.000	--
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.000	--
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.000	--
05150	Goose, liver, raw	94.0	1.0 liver	0.000	--
07033	Ham and cheese spread	15.0	1.0 tbsp	0.000	--
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	0.002
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.000	--
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000	--
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.000	--
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.000	--
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000	--
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.000	--
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.000	--
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.000	--
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.000	--
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.000	--
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.000	--
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.000	--
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
20075	Wheat, soft white	168.0	1.0 cup	0.000	--
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.000	--
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.000	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000	--
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.000	--
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.000	--
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.000	--
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.000	--
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.000	--
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.000	--
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.000	--
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.000	--
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.000	--
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.000	--
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.000	--
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	0.001
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.000	--
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.000	--
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.000	--
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.000	--
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.000	--
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.000	--
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.000	--
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.000	--
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.000	--
02029	Spices, parsley, dried	0.5	1.0 tsp	0.000	--
19154	Candies, sesame crunch	28.35	1.0 oz	0.000	--
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.000	--
09326	Watermelon, raw	154.0	1.0 cup, balls	0.000	--
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.000	--
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.000	--
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.000	--
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.003
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.000	--
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.000	--
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.000	--
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.000	--
21268	TACO BELL, Nachos	80.0	1.0 serving	0.000	--
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.000	--
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.000	--
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.000	--
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.000	--
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.000	--
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.000	--
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.000	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18060	Bread, rye	28.35	1.0 oz	0.000	--
02033	Spices, poppy seed	2.8	1.0 tsp	0.000	--
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.000	--
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.000	--
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.000	--
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.000	--
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	0.001
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.003
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.000	--
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.000	--
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.000	--
19107	Candies, hard	28.35	1.0 oz	0.000	--
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.000	--
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.000	--
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.000	--
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.000	--
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.000	--
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.000	--
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.000	--
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.000	--
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.000	--
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.000	--
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.000	--
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.000	--
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.000	--
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.000	--
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.000	--
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.000	--
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.000	--
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.000	--
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.000	--
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.000	--
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.000	--
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.000	--
09279	Plums, raw	165.0	1.0 cup, sliced	0.000	--
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.000	--
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.000	--
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.000	--
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.000	--
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.000	--
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000	--
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.000	--
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000	--
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.000	--
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.000	--
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.000	--
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.000	--
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.000	--
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.000	--
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.000	--
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.000	--
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.000	--
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	--
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.000	--
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.000	--
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.000	--
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.000	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000	--
11141	Celeriac, raw	156.0	1.0 cup	0.000	--
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.000	--
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0.000	--
18242	Croutons, plain	14.2	0.5 oz	0.000	--
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.000	--
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.000	--
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.000	--
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.000	--
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.000	--
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.000	--
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.000	--
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.000	--
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0.000	--
01112	Whey, acid, fluid	246.0	1.0 cup	0.000	--
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.000	--
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.000	0.003
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	--
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.000	--
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.000	--
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.000	--
18349	Rolls, french	28.35	1.0 oz	0.000	--
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000	--
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.000	--
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.000	--
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.000	--
09436	Mango nectar, canned	251.0	1.0 cup	0.000	--
11147	Chard, swiss, raw	36.0	1.0 cup	0.000	--
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.000	--
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.000	--
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.000	--
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.000	--
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.000	0.001
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.000	--
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
18967	Bread, white wheat	28.0	1.0 slice	0.000	0.001
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.000	--
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.000	0.001
04055	Oil, palm	13.6	1.0 tbsp	0.000	--
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.000	--
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.000	--
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.000	--
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.000	--
02054	Capers, canned	8.6	1.0 tbsp, drained	0.000	--
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.000	--
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.000	--
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.000	--
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.000	--
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.000	--
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.000	--
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.000	--
02005	Spices, caraway seed	2.1	1.0 tsp	0.000	--
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.000	--
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.000	--
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.000	--
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.000	--
09298	Raisins, seedless	165.0	1.0 cup, packed	0.000	--
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.000	--
16129	Tofu, fried	28.35	1.0 oz	0.000	--
01072	Dessert topping, pressurized	70.0	1.0 cup	0.000	--
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.002
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.000	--
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
07068	Salami, cooked, beef	26.0	1.0 slice	0.000	--
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.000	--
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.000	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000	--
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.000	--
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.000	--
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.000	--
19296	Honey	339.0	1.0 cup	0.000	--
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.000	--
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.000	--
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.000	--
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.000	--
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.000	--
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0.000	--
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.000	--
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.000	--
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.000	--
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.000	--
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.000	--
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.000	--
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.000	--
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.000	--
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.000	--
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.000	--
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.000	--
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.000	0.053
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000	--
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.000	0.000
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.000	--
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.000	--
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000	--
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000	--
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.000	--
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000	--
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.000	--
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.000	--
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.000	--
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.000	--
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.000	--
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.000	--
08510	Milk and cereal bar	25.0	1.0 bar	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.000	--
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.000	--
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.000	0.007
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.000	--
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.002
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.000	--
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.000	--
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.000	--
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.000	--
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.000	--
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.000	--
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.000	--
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000	--
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.000	0.000
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.000	0.003
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.000	--
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.000	--
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.000	--
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.000	--
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	0.001
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.000	--
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.000	--
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
20071	Wheat, hard red spring	192.0	1.0 cup	0.000	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000	--
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.000	--
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.000	--
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.000	--
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.000	--
19018	Fruit syrup	334.0	1.0 cup	0.000	--
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09206	Orange juice, raw	248.0	1.0 cup	0.000	--
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.000	--
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.000	--
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.000	--
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.000	--
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	--
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.000	--
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.000	--
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.000	0.002
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.000	--
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.000	--
02026	Spices, onion powder	2.4	1.0 tsp	0.000	--
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.000	--
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.000	--
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.000	--
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.000	--
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.000	--
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.000	--
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	0.002
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.000	--
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.000	--
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.000	--
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.000	--
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.000	0.005
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.002
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.000	--
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.000	--
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.000	--
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000	--
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.000	--
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.000	--
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.000	0.001
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.000	--
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.000	--
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.000	0.004
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.000	--
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.000	--
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.000	--
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.000	--
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.000	0.002
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.000	--
20013	Bulgur, cooked	182.0	1.0 cup	0.000	--
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	--
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.000	--
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.000	--
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.000	--
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.000	0.001
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.000	--
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.000	--
09139	Guavas, common, raw	165.0	1.0 cup	0.000	--
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.000	--
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.000	--
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.000	--
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.000	--
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.000	--
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000	--
20466	Semolina, unenriched	167.0	1.0 cup	0.000	--
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.000	--
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.000	--
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.000	--
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.000	0.005
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.000	0.001
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.000	--
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.000	--
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.000	--
16104	Bacon, meatless	144.0	1.0 cup	0.000	--
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.000	--
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.000	--
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000	--
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.000	--
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.000	--
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000	--
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.000	--
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.000	--
09085	Currants, zante, dried	144.0	1.0 cup	0.000	--
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.000	--
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.000	--
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.000	0.001
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.000	--
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.000	--
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.000	--
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000	--
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.000	--
11520	Taro leaves, raw	28.0	1.0 cup	0.000	--
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.000	--
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.000	--
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.000	--
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.000	--
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.000	--
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.000	--
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.000	--
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.000	--
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.000	--
07007	Bologna, beef	30.0	1.0 slice	0.000	0.001
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.000	--
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.000	--
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.000	--
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.000	--
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.000	--
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.000	0.002
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.000	--
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.000	--
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.000	--
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.000	--
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.000	--
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.000	--
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.000	--
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.000	--
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.000	--
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.000	--
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.000	--
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.000	--
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.000	--
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.000	--
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.000	--
12061	Nuts, almonds	143.0	1.0 cup, whole	0.000	--
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.000	0.001
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.000	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000	--
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.000	--
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.000	--
02050	Vanilla extract	4.2	1.0 tsp	0.000	--
28292	Crackers, multigrain	14.0	4.0 crackers	0.000	--
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.000	--
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.000	--
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000	--
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	--
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.000	--
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.000	--
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.000	0.001
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.000	--
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.000	--
11086	Beet greens, raw	38.0	1.0 cup	0.000	--
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000	--
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.000	--
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.000	0.005
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.000	--
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.000	--
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.000	--
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.000	--
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.000	0.001
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.000	--
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.000	--
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.000	--
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000	--
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.000	--
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.000	--
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.000	--
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.000	--
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.000	--
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.000	--
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.000	--
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.000	--
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.000	--
11564	Turnips, raw	130.0	1.0 cup, cubes	0.000	--
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.000	--
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.000	--
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.000	--
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.000	--
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.000	--
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.000	--
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.000	--
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.000	--
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.000	--
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.000	--
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.000	--
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.000	0.002
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.000	--
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.000	--
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.000	--
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.000	--
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.000	--
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.000	--
13350	Beef, cured, dried	28.0	10.0 slices	0.000	--
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.000	--
20133	Rice noodles, dry	57.0	2.0 oz	0.000	--
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.000	--
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.000	--
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.000	--
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.000	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.000	--
07939	Frankfurter, pork	76.0	1.0 link	0.000	--
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.000	--
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.000	--
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.000	--
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.000	0.002
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.000	--
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.000	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.000	--
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.000	--
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.000	--
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.000	--
11304	Peas, green, raw	145.0	1.0 cup	0.000	--
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.000	--
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.000	--
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.000	--
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.000	--
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.000	--
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.000	--
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.000	--
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.000	--
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
20065	Rye flour, light	102.0	1.0 cup	0.000	--
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.000	--
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000	--
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.000	--
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.000	--
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.000	--
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.000	--
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.000	--
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.000	--
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.000	--
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.000	--
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.000	--
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.002
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.000	--
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.000	--
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.000	--
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.000	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000	--
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.000	--
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.000	--
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.000	--
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.000	--
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.000	--
43282	Quail, cooked, total edible	28.35	1.0 oz	0.000	0.003
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.000	--
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.000	--
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.000	0.004
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.000	--
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.000	0.014
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	0.002
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.000	--
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.000	--
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.000	0.001
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.000	--
15045	Fish, lingcod, raw	85.0	3.0 oz	0.000	--
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	0.002
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.000	--
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.000	--
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.000	--
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.000	--
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.000	--
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.000	--
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.000	--
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.000	--
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.000	0.004
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.000	--
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.000	--
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.000	--
11591	Watercress, raw	34.0	1.0 cup, chopped	0.000	--
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.000	--
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.000	--
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.000	--
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.000	--
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.000	--
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.000	--
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.000	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.000	--
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.000	--
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.000	--
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.000	--
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.000	--
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.000	--
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.000	--
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.000	--
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.000	--
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000	--
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.000	--
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11203	Cress, garden, raw	50.0	1.0 cup	0.000	--
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.000	--
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.000	--
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.000	--
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.000	--
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.000	--
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.000	--
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.000	--
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.000	--
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.000	--
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.000	--
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.000	--
04528	Oil, walnut	13.6	1.0 tbsp	0.000	--
11349	Poi	240.0	1.0 cup	0.000	--
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.000	--
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.000	--
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.000	0.007
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.000	--
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.000	--
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.000	--
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.000	0.020
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.000	--
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.000	--
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.000	--
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.000	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000	--
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.000	--
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.000	--
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.000	--
18235	Crackers, whole-wheat	28.0	1.0 serving	0.000	--
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.000	--
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.000	0.005
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.000	--
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.000	--
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.000	--
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.000	--
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.000	--
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.000	--
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.000	--
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.000	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000	--
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.000	0.002
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000	--
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.002
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.000	--
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.000	--
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.000	--
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.000	--
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.000	--
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.000	--
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.000	--
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.000	--
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.000	--
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.000	--
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.000	--
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.000	0.001
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.000	--
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.003
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.000	--
19366	Toppings, pineapple	340.0	1.0 cup	0.000	--
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.000	0.007
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000	--
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.000	--
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.000	--
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.000	--
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.000	--
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.000	--
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	0.000	--
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.000	0.003
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.000	--
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.000	--
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.000	0.002
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.000	--
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.000	--
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.000	--
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.000	--
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.000	0.004
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.000	--
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.000	--
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.000	--
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000	--
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.000	0.018
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.000	--
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.000	--
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.000	--
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.000	--
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.000	--
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.000	--
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	--
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.000	0.001
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.000	0.002
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	0.001
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.000	--
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.000	--
18025	Bread, cracked-wheat	28.35	1.0 oz	0.000	--
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.000	--
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.000	--
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.000	--
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.000	--
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.000	--
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.000	--
09294	Prune juice, canned	256.0	1.0 cup	0.000	--
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.000	--
01069	Cream substitute, powdered	94.0	1.0 cup	0.000	--
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.000	--
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.000	--
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.000	--
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.000	--
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.000	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000	--
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.000	0.003
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.000	--
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.000	--
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.000	--
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.000	--
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.000	--
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000	--
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.000	0.001
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.000	--
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000	--
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.000	--
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000	--
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.000	--
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.000	--
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.000	--
20130	Barley flour or meal	148.0	1.0 cup	0.000	--
11161	Collards, raw	36.0	1.0 cup, chopped	0.000	--
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.000	--
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.000	--
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.000	--
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.000	--
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.000	--
01023	Cheese, gruyere	28.35	1.0 oz	0.000	--
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.000	--
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.000	--
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.000	0.001
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000	--
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.000	--
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.000	--
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.000	--
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.000	--
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.000	--
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.000	--
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	0.000	--
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.000	0.007
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.000	--
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.000	--
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.000	--
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.000	--
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
20062	Rye grain	169.0	1.0 cup	0.000	--
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.000	--
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.000	--
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.000	--
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.000	--
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.000	--
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.000	--
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.000	--
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.000	--
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.000	--
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.000	--
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.000	--
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.000	--
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.000	--
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.000	--
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.000	--
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.000	--
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.000	--
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.000	--
02020	Spices, garlic powder	3.1	1.0 tsp	0.000	--
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.000	--
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.000	--
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.000	--
09315	Soursop, raw	225.0	1.0 cup, pulp	0.000	--
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.000	--
16157	Chickpea flour (besan)	92.0	1.0 cup	0.000	--
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.000	--
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.000	--
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.000	--
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.000	--
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.000	--
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000	--
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.000	--
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.000	--
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.000	--
18459	Breakfast tart, low fat	52.0	1.0 tart	0.000	--
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000	--
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.000	--
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.000	--
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.000	--
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.000	--
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.000	0.003
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.000	--
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.000	0.004
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000	--
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000	--
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.001
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.000	--
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.000	--
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.000	--
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.000	--
20006	Barley, pearled, cooked	157.0	1.0 cup	0.000	--
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.000	--
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.000	--
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.000	--
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.000	--
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.000	--
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.000	0.001
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.000	--
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.000	--
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.000	--
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	0.001
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.000	--
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.000	--
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.000	--
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.000	--
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.000	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.000	--
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.000	--
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.000	0.002
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.000	--
43109	Pretzels, soft	143.0	1.0 large	0.000	--
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.000	--
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.000	--
01041	Cheese, tilsit	28.35	1.0 oz	0.000	--
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.000	--
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.000	0.021
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.000	--
19524	Snacks, taro chips	28.35	1.0 oz	0.000	--
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000	--
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.000	--
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.000	--
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.000	--
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.000	--
43483	Millet, puffed	21.0	1.0 cup	0.000	--
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.000	--
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.000	--
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
07960	Bologna, chicken, pork	28.0	1.0 serving	0.000	--
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.000	--
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.000	--
20087	Wheat, sprouted	108.0	1.0 cup	0.000	--
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.000	--
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000	--
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.000	--
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.000	--
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.000	0.000
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.000	--
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.000	--
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.000	--
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.000	--
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.000	--
17224	Lamb, ground, raw	28.35	1.0 oz	0.000	--
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.000	--
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.000	--
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.000	--
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.000	--
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.000	--
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.000	--
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.000	--
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	0.001
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.000	--
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.000	--
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.000	--
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.000	--
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.000	--
19163	Chewing gum	3.0	1.0 stick	0.000	--
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.000	--
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.000	--
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.000	--
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.000	--
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000	--
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.000	--
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.000	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.000	--
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.000	0.004
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.001
01006	Cheese, brie	28.35	1.0 oz	0.000	--
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.000	0.001
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.000	--
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.000	--
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.003
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.000	--
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.000	0.013
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.000	--
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.000	--
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.000	--
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.000	--
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.000	--
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.000	--
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.000	--
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.000	0.004
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.000	--
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.000	--
06150	Sauce, barbecue	17.0	1.0 tbsp	0.000	--
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.000	--
20030	Hominy, canned, white	165.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.000	--
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.000	--
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.000	--
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.000	0.005
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.000	--
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.000	--
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.000	--
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.000	--
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.000	--
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.000	--
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.000	--
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.000	--
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.000	--
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.000	0.007
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.000	--
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.000	--
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.000	--
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.000	--
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.000	--
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.000	--
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.000	--
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.000	--
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.000	--
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.000	--
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000	--
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.000	--
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.000	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000	--
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.000	--
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.000	--
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.000	--
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.000	--
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.000	--
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.000	--
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.000	--
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.000	--
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.000	--
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	0.001
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.000	--
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.000	--
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.000	--
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.000	--
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.000	--
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.000	--
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.000	--
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.000	--
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.000	--
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.000	--
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.000	--
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.000	--
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.000	--
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.000	--
19400	Snacks, banana chips	28.35	1.0 oz	0.000	--
21142	Fast food, biscuit	55.0	1.0 biscuit	0.000	--
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.000	--
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.000	--
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.000	--
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.000	--
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.000	--
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.000	--
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.000	--
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.000	--
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.000	--
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.000	--
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	--
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.000	--
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.000	--
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.000	--
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.000	--
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.000	--
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.000	--
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.000	--
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.000	--
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.000	--
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.000	--
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.000	--
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.000	--
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.000	--
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.000	--
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.000	--
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.000	--
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.000	--
11683	Carrot, dehydrated	74.0	1.0 cup	0.000	--
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.000	--
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.000	0.001
19137	Toppings, strawberry	42.0	2.0 tbsp	0.000	--
36031	DENNY'S, onion rings	166.0	1.0 serving	0.000	--
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.000	--
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.000	--
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.000	--
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.000	--
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.000	--
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.000	--
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.000	--
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.000	--
04575	Fat, turkey	12.8	1.0 tbsp	0.000	--
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.000	--
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.000	--
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.000	--
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.000	--
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.000	--
19312	Pie fillings, apple, canned	74.0	0.125 can	0.000	--
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.000	--
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.000	--
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.000	--
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000	--
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.000	--
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.000	--
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.000	--
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.000	--
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.000	--
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.000	--
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.000	--
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.000	0.007
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.000	--
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.000	--
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.000	--
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.000	--
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.000	--
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.000	--
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.000	--
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.000	--
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.000	--
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.000	--
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.000	--
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.000	--
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.000	--
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.000	--
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.000	--
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.000	--
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000	--
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.000	--
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.000	--
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.000	--
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.000	--
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.000	--
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.000	--
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.000	--
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.000	--
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.000	--
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.000	--
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.000	--
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.000	--
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.000	--
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.002
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.000	--
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.000	--
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000	--
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.000	--
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.000	--
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.000	--
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.000	--
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.000	--
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.000	--
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.000	--
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.002
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.000	--
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.000	--
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.000	--
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.000	--
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.000	--
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.000	--
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.000	0.006
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.000	--
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.000	0.011
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.000	--
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000	--
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.000	--
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.000	--
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.000	--
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.000	--
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.000	--
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.000	--
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.000	--
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.000	--
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.000	--
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	--
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.000	--
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.000	--
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.000	--
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.000	--
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.000	--
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.000	--
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000	--
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.000	0.004
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.000	--
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.000	--
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.000	--
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.000	--
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.000	--
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.000	--
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.000	--
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.000	--
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.000	--
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000	--
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.000	--
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.000	--
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.000	--
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.000	--
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.000	0.004
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000	--
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
11432	Radishes, oriental, dried	116.0	1.0 cup	0.000	--
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.000	--
19353	Syrups, maple	20.0	1.0 tbsp	0.000	--
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000	--
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.000	--
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
17142	Veal, ground, raw	85.0	3.0 oz	0.000	0.002
18066	Bread, wheat bran	28.35	1.0 oz	0.000	--
02037	Spices, saffron	0.7	1.0 tsp	0.000	--
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.000	--
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.000	--
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.000	0.010
09021	Apricots, raw	155.0	1.0 cup, halves	0.000	--
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.000	--
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.000	--
06126	Gravy, turkey, dry	7.0	1.0 serving	0.000	--
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.000	--
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.000	--
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.000	--
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.000	--
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.000	--
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.000	--
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.000	--
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.000	0.001
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.000	--
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.000	--
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.000	--
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.000	--
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.000	0.001
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.000	0.001
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000	--
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.000	--
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.000	--
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.000	--
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.000	0.001
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.000	--
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.000	--
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.000	--
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.000	--
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.000	--
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
07059	Polish sausage, pork	85.0	3.0 oz	0.000	--
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000	--
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.000	--
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.000	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000	--
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.000	--
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.000	--
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.000	--
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.000	--
09094	Figs, dried, uncooked	149.0	1.0 cup	0.000	--
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.000	--
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.000	--
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.000	0.026
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	0.008
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.000	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.000	--
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	--
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.000	--
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.000	--
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.000	--
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.000	--
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.000	--
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.000	--
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.000	--
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.000	--
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.000	--
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.000	--
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.000	--
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.000	--
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.000	0.001
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.000	--
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.000	--
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.000	--
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.000	--
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	--
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.000	--
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.000	--
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.000	--
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.000	--
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000	--
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.000	--
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.000	--
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.000	--
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.000	--
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.000	--
09042	Blackberries, raw	144.0	1.0 cup	0.000	--
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.000	--
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.000	--
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.000	--
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.000	--
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.000	--
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.000	--
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.000	--
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	0.035
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.000	--
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18971	Bread, potato	32.0	1.0 slice	0.000	--
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.000	--
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.000	--
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.000	--
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.000	--
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.000	--
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.000	--
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.000	--
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.000	--
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.000	0.010
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.000	--
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.000	--
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.000	--
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.000	--
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.000	--
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.000	--
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.000	--
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.000	--
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.000	--
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.000	--
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	--
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.000	--
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.000	--
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000	--
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.000	0.001
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.000	--
11959	Arugula, raw	2.0	1.0 leaf	0.000	--
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.000	--
19303	Marmalade, orange	20.0	1.0 tbsp	0.000	--
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.000	--
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.000	--
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.000	--
18039	Bread, oatmeal	28.35	1.0 oz	0.000	--
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.000	--
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.000	--
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.000	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.000	--
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.000	--
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000	--
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.000	--
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.000	--
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.000	--
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.000	--
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.000	--
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.000	--
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.000	--
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.000	--
18170	Cookies, fig bars	28.35	1.0 oz	0.000	--
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.000	--
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.000	--
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.000	--
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.000	--
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.000	--
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.000	--
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.001
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.000	--
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.000	--
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.000	--
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.000	--
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.000	--
18264	English muffins, wheat	28.35	1.0 oz	0.000	--
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.000	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.000	--
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.000	--
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000	--
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.000	--
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.000	--
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.000	--
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.000	--
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.003
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000	--
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.000	--
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.002
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.000	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000	--
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	--
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.000	--
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.000	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000	--
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000	--
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.000	--
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.000	--
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.000	--
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.000	--
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	0.002
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.000	--
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.000	--
20077	Wheat bran, crude	58.0	1.0 cup	0.000	--
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	--
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.000	--
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000	--
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.000	--
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.000	--
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.000	--
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.000	0.001
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.000	--
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.000	--
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.000	--
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.000	--
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.000	--
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	0.002
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.000	--
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.000	--
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.000	--
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000	--
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.000	0.002
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.000	--
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.000	0.001
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.000	--
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.000	--
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.000	--
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.000	--
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.000	--
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.000	--
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.000	--
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.000	--
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.000	--
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.000	--
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.000	--
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.000	--
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.000	--
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.000	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
11429	Radishes, raw	116.0	1.0 cup slices	0.000	--
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.000	--
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.000	--
19349	Syrups, corn, dark	328.0	1.0 cup	0.000	--
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.000	--
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
18061	Bread, rye, toasted	28.35	1.0 oz	0.000	--
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.000	--
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.000	--
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.000	--
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.000	--
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.000	--
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.000	--
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.003
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.000	--
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.000	--
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.000	--
19108	Candies, jellybeans	11.0	10.0 small	0.000	--
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.000	--
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.000	--
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.000	--
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.000	--
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.000	0.000
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.000	--
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.000	--
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.000	--
01156	Cheese, goat, hard type	28.35	1.0 oz	0.000	--
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.000	--
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.000	--
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.000	--
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.000	--
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000	--
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.000	--
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.000	--
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.000	--
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.000	0.010
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.000	--
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.000	--
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.000	--
16112	Miso	17.0	1.0 tbsp	0.000	--
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.000	0.011
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.000	--
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.000	--
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.000	--
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.000	--
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.000	--
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.000	--
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.000	--
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.000	--
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.000	--
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.000	--
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.000	--
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.000	--
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.000	--
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.000	--
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.000	--
21419	KFC, biscuit	49.0	1.0 biscuit	0.000	--
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.000	--
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.000	--
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18243	Croutons, seasoned	14.2	0.5 oz	0.000	--
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.000	--
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.000	0.003
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.000	--
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.000	--
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.000	--
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.000	--
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.000	--
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.000	--
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.000	--
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.000	--
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.000	--
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.000	--
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.000	--
01113	Whey, acid, dried	57.0	1.0 cup	0.000	--
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.000	--
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.000	0.002
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.000	--
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.000	--
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.000	--
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.000	--
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.000	--
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.000	--
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.000	--
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.000	--
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.000	--
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.000	--
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.000	--
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.000	--
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.000	0.000
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.000	--
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.000	0.006
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
12071	Nuts, almond paste	28.35	1.0 oz	0.000	--
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.000	--
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.000	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000	--
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.000	--
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.000	--
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.000	--
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.000	--
02055	Horseradish, prepared	5.0	1.0 tsp	0.000	--
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.000	--
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.000	0.001
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.000	--
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.000	--
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.000	--
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0.000	--
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.000	--
02007	Spices, celery seed	2.0	1.0 tsp	0.000	--
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.000	--
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.000	--
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.000	--
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.000	--
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.000	--
09299	Raisins, seeded	165.0	1.0 cup, packed	0.000	--
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.000	--
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.000	--
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.000	--
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.000	--
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.000	--
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.000	--
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000	--
21249	BURGER KING, french fries	74.0	1.0 small serving	0.000	--
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000	--
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.000	--
11954	Tomatillos, raw	34.0	1.0 medium	0.000	--
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.000	--
19297	Jams and preserves	20.0	1.0 tbsp	0.000	--
42040	Syrups, grenadine	20.0	1.0 tbsp	0.000	--
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.000	--
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000	--
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.000	--
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.000	--
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.000	--
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.000	--
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.000	--
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.000	--
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.000	--
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.000	--
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.000	--
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.000	--
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.000	--
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.000	--
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.000	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.000	--
43026	Syrups, sugar free	240.0	1.0 cup	0.000	--
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.000	--
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.000	--
11011	Asparagus, raw	134.0	1.0 cup	0.000	--
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.000	--
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.000	0.015
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.000	--
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.000	0.001
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.000	--
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000	--
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.000	--
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.000	--
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.000	--
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.003
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000	--
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.000	--
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.000	--
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.000	--
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.000	--
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.000	--
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.000	--
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.000	--
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.000	--
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.000	--
01030	Cheese, muenster	132.0	1.0 cup, diced	0.000	--
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.000	--
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.003
07031	Ham salad spread	15.0	1.0 tbsp	0.000	--
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.000	--
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.000	--
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.000	--
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.000	0.002
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000	--
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	--
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.000	--
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.000	--
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.000	--
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000	--
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.000	--
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.000	--
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.000	--
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000	--
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.000	--
07951	Scrapple, pork	17.0	1.0 cubic inch	0.000	--
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
20072	Wheat, hard red winter	192.0	1.0 cup	0.000	--
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.000	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000	--
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.000	--
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.000	--
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.000	--
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.000	--
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.000	--
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.000	--
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.000	--
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.000	--
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.000	--
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.000	--
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.000	--
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.000	--
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.000	--
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000	--
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.000	--
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.000	--
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000	--
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	0.000	0.010
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.000	--
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.000	--
18323	Pie, peach	28.35	1.0 oz	0.000	--
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.000	--
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.000	--
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.000	--
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.000	--
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.000	--
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.000	--
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	0.002
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.000	--
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.000	--
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.000	--
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.000	--
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.000	--
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.000	--
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.000	--
19340	Sugars, maple	3.0	1.0 tsp	0.000	--
90480	Syrup, Cane	21.0	1.0 serving	0.000	--
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.000	--
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.000	0.001
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.000	--
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.000	--
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.000	--
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.000	--
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.000	--
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.000	--
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.000	--
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.002

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.000	--
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.000	--
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.000	0.003
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.000	--
20015	Corn bran, crude	76.0	1.0 cup	0.000	--
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.000	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.000	--
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.000	--
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000	--
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.000	--
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.000	0.001
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.000	--
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.000	--
09143	Guava sauce, cooked	238.0	1.0 cup	0.000	--
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.000	--
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.000	0.001
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.000	--
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.000	--
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.000	--
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.000	--
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.000	--
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.000	--
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000	--
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.000	--
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.000	--
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.000	--
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.000	--
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.000	--
43132	Meatballs, meatless	144.0	1.0 cup	0.000	--
09277	Plantains, raw	148.0	1.0 cup, sliced	0.000	--
16107	Sausage, meatless	25.0	1.0 link	0.000	--
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.000	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.000	--
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.000	--
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.000	--
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.000	--
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.000	--
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000	--
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.000	--
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.000	--
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.000	--
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.000	--
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.000	--
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.000	--
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.000	--
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.000	--
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.000	--
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.000	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.000	--
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.000	--
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.000	--
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.000	--
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.000	--
11527	Tomatoes, green, raw	180.0	1.0 cup	0.000	--
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.000	--
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.000	--
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.000	--
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.000	--
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.000	--
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.000	--
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.000	--
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.000	--
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.000	--
07008	Bologna, beef and pork	100.0	3.527 oz	0.000	--
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.000	--
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0.000	--
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.000	--
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.000	--
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.000	0.002
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.000	--
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.000	--
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.000	--
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.000	--
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.000	--
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.000	--
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.000	--
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.000	--
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.000	--
11143	Celery, raw	101.0	1.0 cup chopped	0.000	--
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.000	--
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.000	--
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.000	--
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.000	--
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.000	--
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.000	--
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.000	--
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.000	--
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.000	--
04047	Oil, coconut	13.6	1.0 tbsp	0.000	--
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.000	--
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.000	--
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.000	--
17164	Game meat, deer, raw	28.35	1.0 oz	0.000	--
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.000	--
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000	--
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.000	--
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.000	0.003
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.000	--
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.000	--
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.000	--
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.000	--
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.000	--
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.000	--
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000	--
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.000	--
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.000	--
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.000	--
18968	Bagels, wheat	98.0	1.0 bagel	0.000	--
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.000	--
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.000	--
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.000	--
09174	Loquats, raw	149.0	1.0 cup, cubed	0.000	--
01173	Egg, white, dried	28.0	1.0 oz	0.000	--
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	--
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0.000	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000	--
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.000	--
11949	Catsup, low sodium	17.0	1.0 tbsp	0.000	--
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.000	--
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.000	--
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.000	--
09107	Gooseberries, raw	150.0	1.0 cup	0.000	--
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.000	--
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.000	--
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.000	--
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.000	--
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.000	--
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.000	--
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.000	--
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.000	--
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.000	--
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.000	--
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.000	--
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.000	0.000
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.000	--
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.000	--
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.000	--
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.000	--
16069	Lentils, raw	192.0	1.0 cup	0.000	--
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.000	--
07025	Frankfurter, turkey	28.35	1.0 oz	0.000	--
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.000	0.004
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.000	--
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.000	--
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000	--
01124	Egg, white, raw, fresh	33.0	1.0 large	0.000	--
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.000	--
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.000	--
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.008
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.000	--
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.000	--
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.002
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.000	--
20134	Rice noodles, cooked	176.0	1.0 cup	0.000	--
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.000	--
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000	--
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.000	--
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.000	--
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.000	--
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.000	0.001
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.000	--
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.000	--
09252	Pears, raw	140.0	1.0 cup, slices	0.000	--
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.000	--
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.000	0.002
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.000	--
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.000	--
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.003
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.000	--
19419	Snacks, corn cakes	9.0	1.0 cake	0.000	--
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.000	--
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.000	--
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.000	--
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.000	--
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.000	--
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.000	0.002
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.000	--
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.000	--
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.000	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000	--
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	--
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.000	--
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.000	--
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.000	--
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
20066	Semolina, enriched	167.0	1.0 cup	0.000	--
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.000	--
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.000	0.008

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000	--
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.000	--
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.000	--
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.000	--
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.000	--
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.000	--
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.000	--
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.000	--
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.000	--
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.000	--
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.000	--
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	--
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.000	--
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.000	--
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000	--
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.000	--
04002	Lard	12.8	1.0 tbsp	0.000	--
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.000	--
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.000	--
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.000	--
19147	Candies, peanut bar	28.35	1.0 oz	0.000	--
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.000	--
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.000	--
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.000	--
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.000	--
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.000	--
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	0.003
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000	--
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.000	--
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.000	--
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.000	--
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.000	--
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.002
11413	Potato flour	160.0	1.0 cup	0.000	--
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.000	--
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.000	--
19335	Sugars, granulated	2.8	1.0 serving packet	0.000	--
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.000	--
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.000	--
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.000	--
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.000	--
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.000	--
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.000	--
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.000	--
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.000	--
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.000	--
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.000	--
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.000	--
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.000	--
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.000	--
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.000	--
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.000	--
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.000	--
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.000	--
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.000	--
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.000	--
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.000	--
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000	--
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.000	--
01144	Egg substitute, powder	9.9	0.35 oz	0.000	--
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.000	0.003
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	0.001

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.000	--
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.000	--
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.000	--
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0.000	--
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.000	--
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.000	--
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.000	--
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.000	--
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.000	--
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.000	--
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.000	--
43128	Chicken, meatless	168.0	1.0 cup	0.000	--
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.000	--
16099	Peanut flour, defatted	60.0	1.0 cup	0.000	--
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.002
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.000	--
07050	Mortadella, beef, pork	28.35	1.0 oz	0.000	--
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.000	--
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000	--
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.000	--
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.000	--
04529	Oil, almond	13.6	1.0 tablespoon	0.000	--
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.000	--
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.000	--
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.000	--
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.000	--
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.000	--
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.000	--
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.000	--
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.000	--
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.000	--
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.000	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000	--
11134	Cassava, raw	206.0	1.0 cup	0.000	--
11518	Taro, raw	104.0	1.0 cup, sliced	0.000	--
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.000	--
18236	Cracker meal	28.35	1.0 oz	0.000	--
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.000	--
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.000	--
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000	--
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.000	--
09221	Tangerine juice, raw	247.0	1.0 cup	0.000	--
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.000	--
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.000	--
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.000	--
07005	Blood sausage	100.0	4.0 slices	0.000	--
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.000	--
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.000	--
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.000	--
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.000	--
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.000	--
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.000	--
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.000	--
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.000	--
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.000	--
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000	--
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.000	--
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.000	--
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.000	--
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.000	--
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.000	0.001
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.000	--
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.000	--
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.000	--
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
01010	Cheese, cheshire	28.35	1.0 oz	0.000	--
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.000	--
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.003
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.000	--
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.000	--
04038	Oil, wheat germ	4.5	1.0 tsp	0.000	--
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.000	--
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000	--
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.000	--
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.000	--
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.000	--
02047	Salt, table	6.0	1.0 tsp	0.000	--
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.000	--
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.000	--
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.000	--
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.000	--
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.000	0.042
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	--
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.000	--
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.000	--
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.000	--
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.000	--
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.000	--
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.000	0.003
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.000	--
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.000	--
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.000	--
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.000	--
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.000	--
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.000	--
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.000	--
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.000	--
09164	Litchis, raw	190.0	1.0 cup	0.000	--
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.000	--
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.000	0.001
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.000	--
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	--
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.000	--
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.000	--
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.000	--
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.000	--
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.000	--
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.000	--
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.000	--
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.000	--
01070	Dessert topping, powdered	43.0	1.5 oz	0.000	--
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.002
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.000	--
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.000	--
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.000	--
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.000	--
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.000	--
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.000	--
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.000	0.000
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.000	--
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.000	--
16059	Chili with beans, canned	256.0	1.0 cup	0.000	--
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.000	0.025
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.000	--
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.000	--
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.000	--
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.000	--
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.000	--
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.000	--
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.000	--
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.000	--
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.000	--
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.000	--
20131	Barley malt flour	162.0	1.0 cup	0.000	--
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.000	--
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.000	--
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.000	--
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.000	--
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.000	--
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.000	--
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.000	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000	--
01024	Cheese, limburger	134.0	1.0 cup	0.000	--
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.000	--
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.000	--
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000	--
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.000	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000	--
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.000	--
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.000	--
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.000	--
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.000	--
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.000	--
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.000	--
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.000	--
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.000	--
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.000	--
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	0.002
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
20063	Rye flour, dark	128.0	1.0 cup	0.000	--
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000	--
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.000	--
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.000	--
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.000	--
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.000	--
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.000	0.001
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.000	--
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.000	--
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.000	--
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.000	--
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.000	--
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.000	--
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.000	0.009
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.000	--
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.000	--
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000	--
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.000	--
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.000	--
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.000	--
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.000	--
02021	Spices, ginger, ground	1.8	1.0 tsp	0.000	--
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.000	--
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.000	--
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.000	--
09316	Strawberries, raw	152.0	1.0 cup, halves	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.000	--
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.000	--
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.000	--
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.000	--
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.000	--
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.000	--
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.000	0.003
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.000	--
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.000	--
11974	Grape leaves, raw	14.0	1.0 cup	0.000	--
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.000	--
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.000	--
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000	--
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.000	--
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.000	--
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000	--
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.000	--
18047	Bread, raisin, enriched	28.35	1.0 oz	0.000	--
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.000	0.000
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	0.000	--
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.000	--
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.000	--
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.000	--
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.000	--
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.000	--
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.000	--
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.000	--
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.000	--
20008	Buckwheat	170.0	1.0 cup	0.000	--
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.000	--
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.000	--
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.000	--
18177	Cookies, molasses	28.35	1.0 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.000	0.001
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.000	--
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000	--
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.000	--
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.000	--
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.000	--
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.000	--
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.000	--
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.000	--
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.000	0.002
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.000	--
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.000	--
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.000	--
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000	--
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.000	--
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.000	--
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.000	--
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.000	--
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.000	--
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.000	--
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.000	--
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.000	--
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.000	--
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.000	--
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.000	0.007
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000	--
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.000	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000	--
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.000	--
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.000	--
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.000	--
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.000	0.003
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.000	--
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.000	--
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.000	--
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.000	--
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.000	--
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.000	--
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.000	--
20088	Wild rice, raw	160.0	1.0 cup	0.000	--
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.000	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000	--
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.000	--
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.000	--
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.000	--
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.000	--
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.000	--
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.000	--
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.000	--
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.000	--
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.000	--
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.000	--
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.000	--
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.000	--
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.000	--
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.000	--
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000	--
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.000	--
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.000	--
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.000	0.002
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11278	Okra, raw	100.0	1.0 cup	0.000	--
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.000	--
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.000	--
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.000	--
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.000	--
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.000	--
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.000	--
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.000	--
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.000	--
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.000	--
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000	--
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.000	--
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.000	--
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000	--
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.000	--
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.001
01007	Cheese, camembert	28.35	1.0 oz	0.000	--
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000	0.001
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.000	--
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.000	0.006
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.003
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000	--
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.000	--
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.000	--
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.000	--
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.000	--
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.000	--
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.000	--
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.000	--
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.000	--
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.000	--
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.000	--
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000	--
19117	Candies, halavah, plain	28.35	1.0 oz	0.000	--
20032	Millet, cooked	174.0	1.0 cup	0.000	--
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.000	--
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.000	--
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.000	--
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.000	--
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.000	--
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.000	0.000
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.000	--
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.000	--
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.000	0.002
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.000	--
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.000	--
09160	Lime juice, raw	242.0	1.0 cup	0.000	--
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.000	--
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.000	0.002
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.000	--
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.000	--
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.000	0.005
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.000	--
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.000	--
11655	Carrot juice, canned	236.0	1.0 cup	0.000	--
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.000	--
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.000	0.003
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.000	--
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.000	--
16122	Soy protein isolate	28.35	1.0 oz	0.000	--
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.000	--
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.000	--
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.000	--
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.000	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000	--
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.000	--
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.000	--
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.000	--
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.000	--
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.000	--
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.000	--
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.000	--
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.000	--
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.000	--
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.000	--
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.000	--
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.000	--
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.000	--
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	--
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.000	--
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.000	--
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.000	--
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.000	--
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.000	--
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.000	--
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.000	--
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.000	--
11156	Chives, raw	3.0	1.0 tbsp chopped	0.000	--
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.000	--
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.000	--
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.000	--
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.000	--
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.000	--
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	--
01020	Cheese, fontina	132.0	1.0 cup, diced	0.000	--
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.000	--
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.000	--
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.000	--
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.000	--
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.000	--
11297	Parsley, fresh	60.0	1.0 cup chopped	0.000	--
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.000	--
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.000	--
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.000	--
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.000	--
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.000	--
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.000	--
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.000	--
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.000	--
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.008
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.000	--
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.000	--
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000	--
20060	Rice bran, crude	118.0	1.0 cup	0.000	--
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.000	--
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.000	--
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.000	--
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.000	0.001
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.000	--
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.000	--
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.000	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000	--
09190	Mulberries, raw	140.0	1.0 cup	0.000	--
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.000	--
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.000	--
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000	--
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000	--
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.000	--
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.000	--
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.000	--
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.000	--
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.000	--
02015	Spices, curry powder	2.0	1.0 tsp	0.000	--
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.000	--
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.000	--
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.000	--
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.000	--
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.000	--
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.000	--
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.000	--
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.000	--
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.000	--
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.000	--
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.000	--
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.000	--
04576	Fat, goose	12.8	1.0 tbsp	0.000	--
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.000	--
11965	Cauliflower, green, raw	64.0	1.0 cup	0.000	--
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.000	--
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.000	--
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.000	--
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.000	--
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.000	0.001
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.000	--
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.000	--
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.000	--
09002	Acerola juice, raw	242.0	1.0 cup	0.000	--
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.000	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	--
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.000	--
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.001
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.000	--
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.000	--
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.000	--
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.000	0.002
20004	Barley, hulled	184.0	1.0 cup	0.000	--
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.000	--
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.000	--
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.000	--
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.000	--
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.000	--
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.000	0.000
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.000	--
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.000	--
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.000	--
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.000	--
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.000	--
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.000	--
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000	0.001
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.000	--
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.000	--
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.000	0.002
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.000	--
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.000	--
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.000	--
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.000	0.001
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.000	--
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.000	--
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.000	--
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.000	--
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.002
01038	Cheese, romano	28.35	1.0 oz	0.000	--
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.000	--
07040	Liver cheese, pork	28.35	1.0 oz	0.000	--
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.000	--
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000	--
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.000	--
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000	--
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.000	--
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.000	--
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.000	--
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.000	--
43476	Tofu yogurt	262.0	1.0 cup	0.000	--
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.000	--
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.000	--
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.000	--
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.000	--
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.000	--
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.000	--
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.000	--
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.000	--
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.000	--
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.000	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000	--
05158	Quail, meat only, raw	92.0	1.0 quail	0.000	0.009
11124	Carrots, raw	128.0	1.0 cup chopped	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.000	--
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.000	--
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.000	--
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.000	--
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.000	--
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.000	--
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.000	--
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.000	--
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.000	--
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.000	--
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.000	--
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.000	--
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.000	--
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.000	--
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.000	--
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000	--
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.000	--
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.000	--
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.000	--
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.000	--
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.000	--
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.000	--
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.000	--
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.000	--
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.000	--
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.000	--
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000	--
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	--
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.000	--
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.000	--
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.000	--
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
01004	Cheese, blue	28.35	1.0 oz	0.000	--
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.000	--
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
19355	Syrups, sorghum	330.0	1.0 cup	0.000	--
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.000	--
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.000	--
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.000	--
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.000	0.000
02038	Spices, sage, ground	0.7	1.0 tsp	0.000	--
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.000	--
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.000	0.005
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.000	0.008
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.000	--
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.000	--
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.000	0.014
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000	0.001
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.000	--
20027	Cornstarch	128.0	1.0 cup	0.000	--
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.000	--
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.000	--
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.000	--
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.000	--
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.000	0.000
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.000	--
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.000	--
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.000	--
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.000	--
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.000	--
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.000	0.001
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.000	0.001
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.000	--
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.000	0.002
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000	--
11215	Garlic, raw	136.0	1.0 cup	0.000	--
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.000	--
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.000	--
43146	Eggplant, pickled	136.0	1.0 cup	0.000	--
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.000	--
16117	Soy flour, defatted	105.0	1.0 cup	0.000	--
01057	Eggnog	254.0	1.0 cup	0.000	--
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.000	--
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000	--
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	--
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.000	--
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.000	--
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000	--
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.000	--
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.000	--
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.000	--
09095	Figs, dried, stewed	259.0	1.0 cup	0.000	--
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.000	--
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	--
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.000	0.015
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.000	0.008
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.000	0.004
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.000	--
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	--
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.000	--
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.000	--
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	--
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.000	--
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.000	--
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.000	--
19070	Candies, butterscotch	28.35	1.0 oz	0.000	--
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.000	--
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.000	--
16055	Carob flour	103.0	1.0 cup	0.000	--

NDB_No	Description	Weight(g)	Measure	22:6 n-3 (DHA)(g) Per Measure	20:5 n-3 (EPA)(g) Per Measure
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.000	--
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.000	--
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.000	0.001
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.000	--
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.000	--
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.000	--
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.000	--