USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Sodium, Na (mg) ; Potassium, K (mg)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: October 07, 2016 13:39 EDT

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09427	Abiyuch, raw	114.0	0.5 cup	23	347
09002	Acerola juice, raw	242.0	1.0 cup	7	235
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	7	143
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	1	6
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	1	8
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	1	8
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	14	75
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	1	5
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	1	8
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	1	10
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	2	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	12	3
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	2	6
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0	1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0	1
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0	1
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0	1
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0	1
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	1	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0	1
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	--	0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0	0
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	29	10
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	3	10
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	3	10
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	17	90
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	23	27
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	2	22
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	1	7

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	18	3
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	6	2
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	14	3
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	19	5
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	14	1
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	31	4
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	3	27
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	3	27
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	2	26
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	7	147
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	1	37
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	1	37
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	1	21
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	1	21
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	1	19
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	2	18
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	2	26
20002	Amaranth grain, cooked	246.0	1.0 cup	15	332
20001	Amaranth grain, uncooked	193.0	1.0 cup	8	980
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	339	846
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	28	846
11003	Amaranth leaves, raw	28.0	1.0 cup	6	171
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	375	114
04609	Animal fat, bacon grease	4.3	1.0 tsp	6	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	10	250
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	9	326
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	10	250
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	17	301
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	17	301
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	53	945
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	53	945
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	948	550
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	1547	702

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36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	267	118
36019	APPLEBEE'S, chili	136.0	1.0 cup	518	435
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	135	119
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	2916	472
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1726	200
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1518	602
36002	APPLEBEE'S, french fries	164.0	1.0 serving	1014	882
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	357	202
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	268	34
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	6	143
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	6	139
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	50	262
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	74	384
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	53	274
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	51	268
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	75	387
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	6	157
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	5	133
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	1	119
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	1	118
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	2	109
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	1	131
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	1	113
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	1	134
09004	Apples, raw, without skin	110.0	1.0 cup slices	0	99
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	2	150
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	2	158
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	71	156
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	5	184
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	5	181
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	5	181
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	8	286
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	8	286
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	32	310
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	5	346

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09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	10	361
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	28	346
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	9	313
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	10	403
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	10	349
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	7	467
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	25	350
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	12	1813
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	15	2202
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	8	1196
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	10	1028
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	13	1511
09035	Apricots, frozen, sweetened	242.0	1.0 cup	10	554
09021	Apricots, raw	155.0	1.0 cup, halves	2	401
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	973	334
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	65	30
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	44	27
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	83	40
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	92	57
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	117	24
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	169	35
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	106	52
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	150	30
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	98	55
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	88	74
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	146	--
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	94	23
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	85	44
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	84	30
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	130	99
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	94	30
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	74	21
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	30	106
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	2	106
11005	Arrowhead, raw	25.0	1.0 large	6	230
20003	Arrowroot flour	128.0	1.0 cup	3	14

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11697	Arrowroot, raw	120.0	1.0 cup, sliced	31	545
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	355	343
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	72	343
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	486	444
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	89	444
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	39	208
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	120	474
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	236	--
11959	Arugula, raw	2.0	1.0 leaf	1	7
11015	Asparagus, canned, drained solids	242.0	1.0 cup	695	416
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	32	210
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	346	210
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	13	202
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	216	202
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	432	310
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	5	310
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	5	147
11011	Asparagus, raw	134.0	1.0 cup	3	271
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	351	110
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	318	90
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	381	117
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	327	121
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	228	25
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	355	106
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	227	26
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	329	27
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	261	26
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	301	26
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	233	24
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	10	728
09038	Avocados, raw, California	230.0	1.0 cup, pureed	18	1166
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	5	807
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	3	10
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	1	38
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	2	30
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1	18

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03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	2	14
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	25	40
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	4	2
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	1	11
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	12	50
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0	44
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0	280
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	12	25
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	10	34
42316	Babyfood, carrots, toddler	28.35	1.0 oz	14	37
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	1	11
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	12	43
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0	14
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	14	10
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	14	99
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	2	32
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	16	98
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	1	12
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	12	47
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	1	31
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	1	31
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0	17
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	14	50
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	14	48
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	1	18
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	13	58
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	1	27
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	1	27
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	5	90
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	14	50
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	1	6
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	14	48
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0	62
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	1	7
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	12	43
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	1	4

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03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0	19
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	13	51
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	14	40
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	10	75
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	9	10
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	9	11
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	11	12
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0	13
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	1	34
03213	Babyfood, cookies	28.35	1.0 oz	85	142
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	90	44
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	4	44
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	4	2
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	8	14
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	2	15
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	2	9
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0	9
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0	10
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	60	156
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0	151
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	1	19
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0	9
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0	14
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0	14
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	6	24
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0	12
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0	8
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	1	8
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	3	26
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	3	24
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	2	15
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	2	16
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	3	27
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	9	34
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	12	35
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	4	7

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03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	2	14
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	30	40
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	43	144
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	5	49
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	31	15
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	4	10
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	6	6
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	6	22
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	18	75
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	4	15
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	75	12
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	34	19
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	6	12
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	6	18
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	6	24
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	40	111
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	11	34
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	12	150
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	58	41
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	5	20
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	68	46
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	4	32
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	4	14
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	3	15
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	52	30
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	125	297
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	79	371
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	79	371
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	87	212
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	15	13
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	14	13
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	115	248
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	41	361
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	4	27
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	51	241
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	5	21

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	6	18
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	115	251
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	51	261
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	61	404
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	7	17
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	6	16
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	55	22
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	30	34
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	3	168
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1	10
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0	19
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0	18
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0	20
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0	20
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0	23
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0	17
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0	19
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0	37
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0	37
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	1	22
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	1	22
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0	21
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0	12
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0	11
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0	19
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0	18
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	1	553
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0	12
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0	10
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0	35
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0	16
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0	13
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	1	21
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	1	22
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	1	33
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	1	33

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0	19
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0	19
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0	18
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0	21
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0	12
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0	13
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	1	46
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	1	27
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	3	7
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	4	7
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	2	26
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	10	33
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	25	15
03166	Babyfood, juice, apple	31.7	1.0 fl oz	3	29
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	1	34
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0	31
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0	28
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0	30
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0	32
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	2	46
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	6	174
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	2	42
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	1	27
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	2	32
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0	57
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	1	43
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0	42
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	2	62
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	1	62
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	1	44
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	3	54
43408	Babyfood, juice, pear	31.2	1.0 fl oz	2	41
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	1	56
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	127	20
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	299	201
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	47	301

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	12	53
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	6	27
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	27	11
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	7	18
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	7	21
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	12	60
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	7	31
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	12	60
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	9	42
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	27	11
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	12	63
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	30	12
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	9	26
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	7	20
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	6	27
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	11	43
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	2	9
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0	18
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	3	24
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	2	14
42279	Babyfood, peas and brown rice	230.0	1.0 cup	14	214
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	14	23
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0	75
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	93	179
03215	Babyfood, pretzels	28.35	1.0 oz	76	39
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0	46
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	45	5
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0	10
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	1	31
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	5	15
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	20	50
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	32	310
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	6	398
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	20	167
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	186	408

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	110	452
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	155	439
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	125	194
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	49	102
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	9	48
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	12	307
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	17	350
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	36	168
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0	36
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	1	17
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	118	458
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	1	30
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	1	30
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	49	589
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	40	544
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	--	0
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	13	46
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	6	23
07921	Bacon and beef sticks	28.0	1.0 oz	398	108
43212	Bacon bits, meatless	7.0	1.0 tbsp	124	10
16104	Bacon, meatless	144.0	1.0 cup	2110	245
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	122	132
07974	Bacon, turkey, low sodium	15.0	1.0 serving	135	23
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	89	38
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	89	39
18003	Bagels, egg	28.35	1.0 oz	143	19
28322	Bagels, multigrain	81.0	1.0 piece bagel	291	165
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	153	30
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	418	106
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	110	28
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	151	29
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	151	29
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	151	29
18968	Bagels, wheat	98.0	1.0 bagel	430	162
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	160	76

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	10	--
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0	--
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	1	79
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	3	331
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	7	241
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	144	349
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	8	349
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0	24
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	300	396
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	7	396
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	5	275
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	9	105
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	288	640
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	5	640
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	6	805
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	3	1491
09040	Bananas, raw	225.0	1.0 cup, mashed	2	806
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	372	102
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	90	20
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	378	93
20130	Barley flour or meal	148.0	1.0 cup	6	457
20131	Barley malt flour	162.0	1.0 cup	18	363
20004	Barley, hulled	184.0	1.0 cup	22	832
20006	Barley, pearled, cooked	157.0	1.0 cup	5	146
20005	Barley, pearled, raw	200.0	1.0 cup	18	560
02044	Basil, fresh	2.5	5.0 leaves	0	7
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	561	1224
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	645	352
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	18	1224
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	10	2470
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	3	749
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	871	569
16007	Beans, baked, canned, with beef	266.0	1.0 cup	1264	851
16008	Beans, baked, canned, with franks	259.0	1.0 cup	1114	609

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16009	Beans, baked, canned, with pork	253.0	1.0 cup	1047	782
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	974	575
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	1075	726
16005	Beans, baked, home prepared	253.0	1.0 cup	1068	906
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	922	739
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	442	801
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	6	801
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	17	2760
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	331	739
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	408	611
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	2	611
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	10	2877
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	1834	1138
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	863	676
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	419	685
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2	685
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	12	2597
11973	Beans, fava, in pod, raw	126.0	1.0 cup	32	418
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	428	655
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	11	655
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	33	2421
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	969	920
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	464	920
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	421	692
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	4	692
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	26	2538
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	758	607
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	421	713
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2	717
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	44	2587
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	425	742
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	7	742
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	20	2742
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	11	344
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	614	737
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	329	395

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	300	666
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	655	666
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	421	713
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	4	713
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	22	2501
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	427	669
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	9	669
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	24	2477
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	5	979
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	52	34
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	880	755
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	431	708
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0	708
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	10	2465
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	14	319
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	402	859
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	3	859
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	17	3074
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	662	759
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	300	607
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	78	607
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	86	711
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	358	395
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	643	662
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	350	662
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	407	746
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	2	746
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	23	2688
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	818	267
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	426	829
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	4	829
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	26	3315
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	425	106
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	3	147
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	17	110
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	362	130

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	461	221
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	299	182
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	1	182
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	3	263
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	4	225
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	1	215
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	331	215
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	3	375
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	6	211
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	3	167
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	17	118
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	384	167
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	311	118
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	299	374
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	4	374
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	4	225
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	331	170
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	12	170
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	6	209
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	891	1189
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	433	1004
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	11	1004
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	32	3626
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	427	575
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	9	575
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	24	2042
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	60	141
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	40	83
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	45	253
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	479	543
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	978	308
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	350	111
07954	Beef sausage, pre-cooked	48.0	1.0 serving	395	112
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	760	319
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	10	--
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	71	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	71	--
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	72	--
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	68	--
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	75	--
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	67	--
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	68	--
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	68	--
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	74	--
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	80	--
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	81	--
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	67	--
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	68	--
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	10	--
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	10	--
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	12	--
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	72	--
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	70	--
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	73	--
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	71	--
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	64	--
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	70	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	78	--
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	70	--
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	59	--
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	65	--
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	66	--
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	74	--
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	9	--
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	8	--
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	941	214
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)	302	1838
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	44	269
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	42	262
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	43	266
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	48	287
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	45	273
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46	283
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	46	275
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	46	275
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	49	305
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	46	292
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	71	308
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	68	292
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	67	297
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	70	286
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	70	312
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	72	300
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	46	224

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	44	216
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	48	234
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	41	197
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	50	235
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	39	193
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	52	239
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	42	201
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	49	230
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	46	227
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	44	218
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	48	237
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	15	75
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	21	95
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	15	74
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	21	95
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	16	77
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	22	94
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	58	198
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	59	205
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	20	75
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	65	232
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	55	220
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	54	213
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	20	80
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	22	94
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	60	242
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	17	76
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	17	77
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	55	210
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	65	247
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	55	205

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	65	257
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	56	217
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	65	230
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	59	243
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	70	269
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	59	237
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	69	280
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	60	248
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	70	249
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	65	262
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	69	282
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	64	261
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	68	264
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	65	265
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	70	312
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	68	292
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	72	303
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	67	288
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	72	282
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	69	298

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	73	334
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	60	276
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	56	280
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	60	283
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	56	280
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	60	261
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	58	291
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	64	323
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	60	315
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	64	332
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	60	315
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	63	303
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	62	330
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	57	271
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	68	312
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	55	268
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	67	317
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	58	272
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	69	305
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	40	196
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	41	200
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	42	206
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	18	82
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	42	205
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	18	82
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	42	207
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	18	82

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	46	223
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	47	230
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	16	79
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	21	96
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	16	78
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	21	94
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	16	80
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	22	96
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)	153	555
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	55	198
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	19	77
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	54	196
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	19	76
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	56	201
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	20	78
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	60	224
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	60	312
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	60	309
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	61	316
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	63	327
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	63	328
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	63	326
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	60	316
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	18	100
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	51	244
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	94	420
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	68	292
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	93	427
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	70	295

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	97	406
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	65	290
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	96	436
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	69	294
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	94	444
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	71	297
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	99	420
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	65	292
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	60	249
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	62	249
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	58	249
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	60	249
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	62	249
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	58	249
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	60	203
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	66	235
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	60	194
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	64	240
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	60	229
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	72	232
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	64	235
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	72	261

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	64	224
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	69	266
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	64	262
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	79	258
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	19	114
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	24	134
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	18	108
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	24	136
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	20	118
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	26	161
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	51	307
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	51	302
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	50	291
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	52	295
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	111	718
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	49	314
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	65	274
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	63	263
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	66	269
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	63	257

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	65	283
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	64	275
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	57	254
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	58	255
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	57	253
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	58	258
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	58	258
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	58	258
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	62	264
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	65	268
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	62	266
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	64	265
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	62	256
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	65	272
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	62	267
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	65	273
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	62	270
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	65	269
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	63	260
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	65	280
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	65	286
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	65	280

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
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	65	295
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	69	314
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	68	307
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	69	323
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	53	223
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	52	223
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	54	222
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	55	260
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	54	261
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	57	260
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	55	232
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	54	234
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	56	230
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	55	262
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	55	265
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	56	258
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	53	275
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	70	353
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	53	273
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	70	349

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	53	283
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	70	359
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	42	230
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	59	323
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	42	225
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	57	315
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	43	223
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	58	318
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	54	288
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	68	367
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	54	287
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	75	382
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	54	294
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	72	376
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	62	345
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	48	269
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	63	351
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	43	250
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	66	374
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	972	406
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	766	140
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	649	104
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	827	123
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	345	84
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	254	39

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13350	Beef, cured, dried	28.0	10.0 slices	781	66
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	370	113
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	765	149
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	486	76
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	352	106
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	48	288
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46	279
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	60	286
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	45	277
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	15	94
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	49	298
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	46	277
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	48	298
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	47	289
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	61	298
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	48	287
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	16	96
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	50	310
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	45	290
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	58	246
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	47	291
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	82	279
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	62	205
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	78	262
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	69	234
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	75	246
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	79	301
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	60	218
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	66	246
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	74	274
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	75	276
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	77	323
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	57	230
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	71	285
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	75	305
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	76	346

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	54	243
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	61	270
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	67	297
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	56	251
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	74	368
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	52	255
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	58	283
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	64	309
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	75	363
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	73	382
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	50	263
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	56	291
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	75	380
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	61	315
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	72	390
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	49	268
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	55	295
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	60	320
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	75	391
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	71	400
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	48	273
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	54	300
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	75	403
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	59	325
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	65	259
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	72	300
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	47	289
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	61	371
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	48	294
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	37	241
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	48	295
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	37	237

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	46	297
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	36	250
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	48	298
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	37	246
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	48	298
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	38	241
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	36	253
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	46	299
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	48	298
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	37	242
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	49	303
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	37	238
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	46	296
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	36	251
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	50	332
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	37	246
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	60	377
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	38	241
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	47	305
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	36	253
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	50	311
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	38	232
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	50	307
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	38	230

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
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	48	315
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	39	237
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	52	320
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	39	241
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	50	312
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	39	241
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	49	319
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	40	245
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	44	225
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	37	216
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	46	220
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	37	215
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	42	240
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	38	219
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	46	254
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	39	241
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	48	249
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	39	241
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	43	268
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	40	245

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	46	279
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	46	257
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	48	289
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	44	266
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	76	307
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	68	277
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	77	313
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	68	276
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	66	291
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	66	288
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	53	315
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	47	319
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	53	318
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	51	312
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	54	331
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	44	302
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	71	480
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	73	490
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	64	448
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	48	320
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	48	322

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	49	362
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	55	336
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	55	336
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	49	330
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	28	150
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	62	357
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	28	154
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	63	370
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	28	116
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	62	254
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	33	121
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	75	316
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	25	147
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	56	349
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	26	151
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	58	366
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	31	156
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	60	336
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	32	161
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	42	287
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	49	339
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	44	307
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	51	364
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	37	316
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	44	391
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	37	318
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	45	398
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	24	162
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	52	365
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	24	163
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	53	374
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	26	144

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	55	320
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	26	146
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	56	329
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	37	179
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	69	354
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	37	184
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	71	368
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	45	382
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	21	106
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	36	162
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	42	344
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	27	164
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	62	384
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	21	128
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	64	325
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	21	128
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	67	336
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	49	309
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	61	381
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	47	361
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	55	385
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	47	363
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	55	388
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	42	276
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	49	303
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	47	309
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	53	349
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	21	110
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	29	105
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	44	219
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	72	359
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	38	361
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	44	406
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	38	363
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	44	409
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	47	286

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	50	156
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	97	311
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	105	122
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	198	254
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	60	370
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	48	161
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	82	285
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	34	87
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	92	245
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	54	253
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	54	223
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	54	249
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	55	216
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	52	261
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	55	241
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	54	258
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	56	231
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	54	253
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	57	224
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	53	265
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	56	248
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	60	238
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	55	206
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	60	240
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	55	204

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	59	238
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	54	213
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	60	241
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	57	215
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	60	243
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	58	213
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	60	241
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	55	221
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	64	246
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	65	251
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	78	322
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	80	334
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	7	28
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	7	27
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	54	224
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	53	224
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	54	223
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	59	251
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	58	252
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	60	251
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	44	243

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
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	43	239
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	46	251
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	48	277
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	46	271
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	50	285
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	51	207
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	51	206
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	50	209
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	57	237
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	57	235
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	57	241
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	49	237
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	44	209
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	49	224
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	43	196
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	49	256
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	44	228
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	50	252
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	48	235
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	51	240
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	48	223

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) 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	50	270
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	47	252
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	46	221
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	46	210
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	46	237
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	50	252
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	51	240
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	50	270
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	48	198
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	48	196
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	47	201
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	54	234
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	55	230
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	54	239
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	42	201
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	42	190
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	42	218
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	48	235
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	48	223
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	47	252

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
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	48	289
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	50	302
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	44	252
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	54	217
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	45	185
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	52	211
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	45	182
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	54	227
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	44	190
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	58	241
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	51	219
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	58	238
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	52	216
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	58	246
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	50	224
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	54	333
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	45	277
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	16	86
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	51	309
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	18	106
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	54	246
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	55	255
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	54	263
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	54	249
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	16	74

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	54	252
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	54	243
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	15	72
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	53	253
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	54	247
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	15	70
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	54	263
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	55	254
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	16	75
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	62	303
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	62	303
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	62	303
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	42	190
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	14	66
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)	70	379
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	18	101
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	48	289
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	54	291
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	54	292
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	45	275
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	54	275
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	14	84
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	42	253
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	54	271

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	14	83
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	54	282
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	55	275
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	15	81
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	49	297
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	54	279
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	42	252
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	52	320
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	59	335
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	59	335
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	18	107
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	16	98
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	97
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	19	116
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	16	100
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	16	100
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	54	268
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	54	259
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	16	77
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	54	266
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	54	257
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	15	76
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	53	264

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	55	258
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	15	75
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	54	273
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	55	264
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	16	79
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	56	342
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	56	341
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	48	331
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	73	298
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	75	303
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	73	297
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	75	303
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	67	294
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	71	310
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	76	554
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	77	564
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	112	494
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	47	338
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	46	309
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	71	316
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	11	67
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	32	202
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	31	190
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	30	183

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	31	197
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	30	182
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	29	178
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	30	186
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	31	194
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	31	189
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	10	65
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	17	99
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	10	64
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	97
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	18	102
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	37	230
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	36	224
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	38	237
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	37	226
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	16	93
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	36	224
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	15	90
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	37	229
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	51	285
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	37	236
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	37	230

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	39	246
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	13	80
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	13	79
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	13	82
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	57	341
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	45	269
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	56	347
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	44	275
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	54	333
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	42	263
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	57	343
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	45	271
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	56	349
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	44	275
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	54	335
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	42	265
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	44	274
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	58	349
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	45	269
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	57	356

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) 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	55	342
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	42	264
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	58	352
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	45	271
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	58	358
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	44	275
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	55	344
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	42	265
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	31	193
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	16	96
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	31	193
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	95
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	31	194
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	18	98
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	11	68
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	17	101
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	11	68
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	100
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	11	69
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	18	103
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	53	336
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	15	97
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	53	336
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	15	97
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	54	359

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	54	360
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	78	566
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46	309
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	43	317
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	46	310
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	45	328
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	45	306
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	48	328
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	46	310
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	52	324
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	78	515
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	53	321
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	44	310
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	49	309
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	53	293
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	48	307
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	54	287
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	51	313
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	53	306
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	30	184
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	47	270
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	30	184
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	43	263

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	30	185
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	49	278
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	54	312
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	54	310
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	54	314
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	31	192
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46	275
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	31	191
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	44	270
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	31	196
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	49	286
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	16	93
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	92
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	16	94
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	57	326
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46	264
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	59	321
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	48	260
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	57	329
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	46	266
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	57	329
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46	266
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	59	324
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	48	263
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	57	332
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	47	269

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	64	368
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46	265
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	66	362
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	48	261
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	65	371
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	46	267
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	64	370
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46	266
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	66	365
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	48	263
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	65	372
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	47	269
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	35	214
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	38	280
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	38	280
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	38	280
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	38	271
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	38	269
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	58	408
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	14	105
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	38	273
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	38	284
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	38	284
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	55	411
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	17	99
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	34	211
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	97

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	52	371
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	35	218
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	18	101
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	12	75
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	52	308
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	12	75
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	100
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	12	77
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	18	106
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	58	198
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	54	380
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	18	110
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	55	254
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	55	236
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	55	280
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	54	218
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	41	207
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	54	217
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	44	209
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	54	220
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	36	200
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	58	247
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	59	279
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	59	256

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	59	312
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	43	233
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	57	246
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	48	235
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	57	248
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	37	226
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	57	246
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	36	227
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	58	238
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	30	224
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	56	258
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	48	241
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	57	257
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	57	255
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	58	259
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	53	211
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	34	197
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	54	204
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	30	195
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	53	222
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	44	209
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	60	278
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	60	278
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	48	301
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	54	301

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	44	266
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	44	269
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	45	251
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	17	105
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	17	103
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	49	296
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	18	109
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	48	307
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	61	336
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	63	343
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	60	326
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	62	339
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	63	347
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	60	328
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	52	299
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	51	300
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	53	299
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	52	305
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	51	304
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	54	306
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	57	311

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	57	311
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	58	316
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	58	316
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	58	315
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	72	322
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	70	285
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	71	318
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	69	286
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	75	330
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	73	292
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	74	332
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	71	287
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	72	331
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	70	289
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	76	335
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	74	294
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	48	281
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	55	346
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	47	286
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	48	281
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	14	86
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	46	280
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	42	257
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)	73	445

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	42	258
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	50	313
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)	68	405
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)	74	447
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	17	105
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	16	98
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	17	101
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	96
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	18	109
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	16	100
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	126	508
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	123	497
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	116	510
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	85	509
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	84	505
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	88	549
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	79	320
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	78	319
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	71	314
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	53	315
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	53	315
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	54	337
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	76	306
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	76	306

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	72	314
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	51	346
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	56	342
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	48	329
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	52	313
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	49	302
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	54	324
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	48	286
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	44	268
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	46	278
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	60	345
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	14	88
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	48	293
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	45	273
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	54	334
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	54	323
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	56	348
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	17	107
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	16	99
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	17	105
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	97
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	18	109
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	16	101
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	134	301
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	92	207
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	36	78
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	50	186
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	28	81
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	80	115
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	52	74
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	54	239
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	62	284

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	59	266
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	86	147
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	56	96
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	16	79
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	51	209
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	19	78
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	48	241
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	24	122
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	2	5
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	99	368
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	27	102
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	55	156
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	20	89
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	58	36
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	27	19
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	285	58
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	493	137
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	410	137
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	687	1309
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	347	1309
11086	Beet greens, raw	38.0	1.0 cup	86	290
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	305	232
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	52	349
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	352	391
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	65	259
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	242	259
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	399	403
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	338	261
11080	Beets, raw	136.0	1.0 cup	106	442
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	28	70
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	40	95
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	55	154
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	24	10
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	199	314
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	150	220
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	239	441

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	213	396
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	35	346
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	170	180
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	151	120
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	186	176
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	19	0
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	14	192
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	31	122
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	1	3
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	6	1
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	10	5
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	1	2
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	1	1
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	2	0
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	5	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	3	0
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	101	48
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	--	2
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	1	2
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	5	1
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	2	1
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	2	1
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	4	1
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	3	0
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1	1
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	4	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	3	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	4	0
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	12	12
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	118	335
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	180	230
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	149	581
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	59	187

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	197	404
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	70	188
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	28	87
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	133	409
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	30	62
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	133	383
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	154	458
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	222	193
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	1	138
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	1	35
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	109	27
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	13	5
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0	8
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)	98	405
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	160	--
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	166	513
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	141	199
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	25	34
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	23	68
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	--	46
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	64	404
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	32	119
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	2	73
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	91	318
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	2	12
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	2	124
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	4	34
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	4	34
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	1	15
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1	16
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	2	10
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0	63
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	1	11
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	41	134

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0	35
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0	35
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	1	9
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	50	9
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	5	61
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0	15
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	82	360
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	68	458
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	96	492
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	5	51
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	1	5
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	12	108
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	1	19
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	1	7
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	393	820
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	148	479
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	138	470
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	14	7
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	150	329
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	115	24
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	65	7
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	74	5
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	84	7
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	185	5
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	101	8
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	208	8
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	5	2
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	125	7
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	101	0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	34	7
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	4	1
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	86	74
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	86	74

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	60	74
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	145	289
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	19	290
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	4	23
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	3	15
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	2	4
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	12	10
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	21	52
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	4	95
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1	19
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	2	0
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	32	40
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0	50
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	50	960
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	31	5
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	5	4
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	3	10
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	32	78
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0	14
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	1	0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	41	71
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	216	497
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	52	66
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	56	76
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	12	24
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1	5
14287	Beverages, Lemonade, powder	18.0	1.0 serving	9	26
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	23	7
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	4	1
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	6	6
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	36	391
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	40	130
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	159	456

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	231	575
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	85	159
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	209	485
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	191	530
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	85	253
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	120	317
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	14	24
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	52	47
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	180	0
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	6	6
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	182	327
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	121	100
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	17	60
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	46	26
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	128	25
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	30	27
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	35	45
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	52	0
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	47	35
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	19	28
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	17	19
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	37	94
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	5	114
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	20	84
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	25	89
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	27	54
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	7	35
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	1	25
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	17	26
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	9	169
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	3	52
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	1	6

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
42270	Beverages, Orange juice drink	249.0	1.0 cup	5	105
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	10	451
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	2	78
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	4	49
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	2	8
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	3	38
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	8	154
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	496	0
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	134	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	107	31
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	12	5
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	4	19
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	1	14
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	100	24
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	151	36
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	10	5
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	330	420
14066	Beverages, Protein powder whey based	32.0	0.33 cup	50	160
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	94	65
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	70	0
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	20	43
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	212	528
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	128	370
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0	6
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	1	11
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1	11
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	9	0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	19	65
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	10	65
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	45	37
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	8	38
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	13	32

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0	36
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	2	20
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0	8
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	5	13
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	33	90
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	69	34
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	16	13
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	57	32
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0	3
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0	3
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	9	47
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	7	41
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	1	39
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	1	42
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	2	4
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	1	39
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	5	39
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	1	48
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	1	50
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	7	41
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	1	42
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	1	5
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	3	98
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	--	0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0	875
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	16	0
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	14	24
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	408	0
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	408	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	27	0
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	129	196
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	123	64
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	201	569

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	51	34
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	34	80
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	31	36
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	31	36
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	36	81
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	51	24
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	34	29
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	39	29
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	51	24
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	51	24
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	51	19
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	51	34
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	51	29
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	71	59
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	71	59
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	49	59
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	69	241
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	69	209
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	69	251
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	81	290
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	71	248
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	33	57
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	--	0
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	--	0
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	0	0
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	--	0
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0	0
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	--	0
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	--	0
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0	0
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	24	19
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	1	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	1	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
14412	Beverages, water, tap, well	29.6	1.0 fl oz	1	0
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	1	4
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	320	750
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	33	9
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	47	3
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	2	26
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	85	9
14073	Beverages, ZEVIA, cola	355.0	1.0 can	21	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	21	0
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	190	129
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	1531	196
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	271	53
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	267	64
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	164	34
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	567	94
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	511	78
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	480	92
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	273	52
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	65	300
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	60	279
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	8	253
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	2	211
09042	Blackberries, raw	144.0	1.0 cup	1	233
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	9	118
09043	Blackberry juice, canned	250.0	1.0 cup	2	338
07005	Blood sausage	100.0	4.0 slices	680	38
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	8	102
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	7	132
09163	Blueberries, dried, sweetened	40.0	0.25 cup	1	86
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	2	138
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	2	84
09050	Blueberries, raw	148.0	1.0 cup	1	114
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	3	147
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	4	95
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	688	246
07007	Bologna, beef	30.0	1.0 slice	304	105

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
07008	Bologna, beef and pork	100.0	3.527 oz	960	315
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	1529	215
42161	Bologna, beef, low fat	28.0	1.0 slice	230	41
07960	Bologna, chicken, pork	28.0	1.0 serving	347	45
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	314	88
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	258	43
07971	Bologna, meat and poultry	33.0	1.0 slice	455	106
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	254	79
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	401	77
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	299	63
07011	Bologna, turkey	28.0	0.99 oz 1 serving	300	38
11613	Borage, raw	89.0	1.0 cup (1" pieces)	71	418
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	8	230
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1	183
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	560	187
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	60	177
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	648	162
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	719	296
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	50	194
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	277	56
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	208	56
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	379	65
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	328	57
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	398	70
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	136	19
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	405	58
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	149	18
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	86	38
18021	Bread, boston brown, canned	28.35	1.0 oz	179	90
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	278	181
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	128	84
18972	Bread, cheese	48.0	1.0 slice	360	40
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	109	21
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	232	32
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	305	68

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	315	32
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	187	42
18025	Bread, cracked-wheat	28.35	1.0 oz	153	50
18027	Bread, egg	28.35	1.0 oz	108	33
18028	Bread, egg, toasted	28.35	1.0 oz	118	36
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	171	33
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	204	40
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	180	78
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	180	31
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	156	26
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	144	30
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	128	31
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	113	75
18033	Bread, italian	28.35	1.0 oz	156	31
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	36	91
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	108	65
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	117	71
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	418	112
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	495	196
18037	Bread, oat bran	28.35	1.0 oz	100	42
18038	Bread, oat bran, toasted	28.35	1.0 oz	110	35
18039	Bread, oatmeal	28.35	1.0 oz	127	40
18040	Bread, oatmeal, toasted	28.35	1.0 oz	138	44
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	144	65
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	357	110
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	322	72
18413	Bread, pita, white, unenriched	28.35	1.0 oz	152	34
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	337	109
18971	Bread, potato	32.0	1.0 slice	120	230
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	214	116
18043	Bread, protein (includes gluten)	28.35	1.0 oz	115	91
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	126	98
18044	Bread, pumpernickel	28.35	1.0 oz	169	59
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	186	65
18047	Bread, raisin, enriched	28.35	1.0 oz	98	64
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	107	70

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18414	Bread, raisin, unenriched	28.35	1.0 oz	111	64
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	130	29
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	155	35
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	110	35
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	145	28
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	94	43
18057	Bread, reduced-calorie, white	28.35	1.0 oz	136	22
18059	Bread, rice bran	28.35	1.0 oz	76	61
18384	Bread, rice bran, toasted	28.35	1.0 oz	83	60
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	496	128
18060	Bread, rye	28.35	1.0 oz	171	47
18061	Bread, rye, toasted	28.35	1.0 oz	188	52
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	280	192
18064	Bread, wheat	29.0	1.0 slice	137	41
18066	Bread, wheat bran	28.35	1.0 oz	138	64
18385	Bread, wheat germ, toasted	28.35	1.0 oz	176	81
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	180	75
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	196	82
18065	Bread, wheat, toasted	28.35	1.0 oz	170	63
18967	Bread, white wheat	28.0	1.0 slice	134	36
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	142	37
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	84	34
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	152	37
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	107	37
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	102	41
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	95	31
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	146	81
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	160	92
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	98	89
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	108	98
09059	Breadfruit, raw	220.0	1.0 cup	4	1078
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	84	56
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	108	140
18459	Breakfast tart, low fat	52.0	1.0 tart	188	34
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	1160	620
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	410	456

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	8	456
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	20	1593
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	54	272
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	48	292
11096	Broccoli raab, raw	40.0	1.0 cup chopped	13	78
11969	Broccoli, chinese, cooked	88.0	1.0 cup	6	230
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	204	229
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	32	229
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	19	231
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	478	261
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	20	261
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	37	331
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	239	166
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	22	166
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	16	238
11090	Broccoli, raw	91.0	1.0 cup chopped	30	288
11741	Broccoli, stalks, raw	114.0	1.0 stalk	31	370
07015	Brotwurst, pork, beef, link	70.0	1.0 link	778	197
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	54	67
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	4	67
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	401	450
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	23	450
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	10	352
11098	Brussels sprouts, raw	88.0	1.0 cup	22	342
20008	Buckwheat	170.0	1.0 cup	2	782
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	13	692
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	7	148
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	18	525
20013	Bulgur, cooked	182.0	1.0 cup	9	124
20012	Bulgur, dry	140.0	1.0 cup	24	574
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	300	450
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	5	450
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	6	363
21251	BURGER KING, Cheeseburger	133.0	1.0 item	801	237
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	309	113
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	715	185

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1024	269
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	987	270
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	910	374
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	1081	718
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1544	754
21249	BURGER KING, french fries	74.0	1.0 small serving	206	346
21386	BURGER KING, french toast sticks	21.0	1.0 stick	90	23
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	456	215
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	32	20
21509	BURGER KING, Onion Rings	91.0	1.0 small	706	152
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1270	390
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	1324	453
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	25	38
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	911	492
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	1431	534
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	453	271
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	816	307
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	764	314
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0	1
43214	Butter replacement, without fat, powder	80.0	1.0 cup	960	2
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	63	10
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	5	10
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	32	1
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	22	2
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	1	1
11106	Butterbur, (fuki), raw	94.0	1.0 cup	7	616
11108	Butterbur, canned	124.0	1.0 cup, chopped	5	15
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	459	631
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	58	631
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	46	176
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	292	268
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	11	268
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	7	181
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	6	86
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	6	86
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	191	147

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	6	147
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	416	1280
11118	Cabbage, kimchi	150.0	1.0 cup	747	226
43144	Cabbage, mustard, salted	128.0	1.0 cup	918	315
11970	Cabbage, napa, cooked	109.0	1.0 cup	12	95
11109	Cabbage, raw	89.0	1.0 cup, chopped	16	151
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	54	58
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	6	58
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	24	216
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	377	267
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	35	267
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	20	161
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	210	26
18087	Cake, angelfood, dry mix	38.0	1.0 serving	312	35
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	256	68
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	72	11
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	46	47
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	480	373
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	299	133
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	29	43
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	186	97
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	93	124
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	90	32
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	139	39
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	230	91
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	97	31
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	120	32
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	120	32
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	161	48
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	217	96
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	362	66
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	147	35
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	189	20
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	189	20
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	244	18
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	143	30

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	94	50
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	130	52
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	133	20
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	85	20
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	177	28
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	65	40
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	74	42
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	81	28
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	242	70
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	446	269
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	180	36
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	313	20
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	171	18
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	233	62
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	186	23
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	471	--
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	899	--
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	889	--
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	789	--
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	779	--
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	870	--
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	880	--
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	801	--
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	789	--
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	840	--
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	889	--
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	921	--
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	889	--
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	880	--
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	860	--
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	850	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	870	--
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	850	--
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	880	--
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	889	--
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	870	--
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	409	701
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	409	610
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	409	1000
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	409	--
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	779	--
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	634	266
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	710	--
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	831	--
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	801	--
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	855	403
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	880	--
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	801	--
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	811	--
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	789	--
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	769	--
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	831	--
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	779	--
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	921	--
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	790	219
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	831	122
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	394	777
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	886	289
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	421	441
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	405	739
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	399	377
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	789	--
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	789	--
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	411	652
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	409	529

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	789	--
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	789	--
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	789	--
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	850	--
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	409	529
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	409	529
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	789	--
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	929	863
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	649	--
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	789	--
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	140	229
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	140	491
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	60	170
16201	Campbell's Pork and Beans	130.0	0.5 cup	439	--
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	870	--
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	801	--
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	750	--
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	789	--
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	880	--
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	480	360
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	860	480
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	861	40
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	810	40
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	820	79
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	890	150
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	890	60
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	820	290
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	480	830
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	760	--
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	480	559
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	719	--
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	770	--
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	869	--
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	480	541

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	890	160
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	869	71
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	830	69
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	750	95
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	640	570
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	800	60
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	861	30
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	870	69
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	480	840
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	790	100
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	650	559
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	650	680
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	480	541
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	870	390
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	810	--
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	800	340
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	879	249
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	480	551
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	650	1050
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	--	650
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	770	150
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	790	50
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	790	50
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	850	451
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	879	--
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	650	730
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	650	879
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	891	--
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	961	--
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	979	--
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	640	--
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	881	--
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	881	--
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	650	900
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	409	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	409	1049
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	891	--
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	930	--
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	650	939
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	562	83
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	650	130
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	480	711
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	701	--
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	480	600
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	713	41
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	486	539
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	858	46
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	813	43
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	774	61
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	800	--
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	899	86
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	480	600
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	749	205
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	410	610
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	430	732
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	931	28
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	680	430
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	840	54
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	680	430
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	141	921
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	467	697
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	420	469
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	360	270
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	481	680
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	481	430
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	481	469
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	141	1001
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	141	819
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	481	469
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	481	649
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	827	213

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	42	286
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	137	138
10130	Canadian bacon, unprepared	85.0	3.0 oz	638	581
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	126	194
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	70	124
19070	Candies, butterscotch	28.35	1.0 oz	111	1
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	43	119
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	174	152
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	3	8
19071	Candies, carob, unsweetened	28.35	1.0 oz	30	179
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	22	62
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	7	161
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	151	109
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	420	848
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	150	493
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	111	124
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	10	137
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	4	3
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	3	1
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	10	4
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	17	29
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	22	48
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	8	23
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	11	52
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	19	19
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	12	29
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	13	14
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	13	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	80	9
19117	Candies, halavah, plain	28.35	1.0 oz	55	53
19107	Candies, hard	28.35	1.0 oz	11	1
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	--	0
19243	Candies, HEATH BITES	39.0	15.0 pieces	96	82
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	21	--
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	29	184

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	50	--
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	124	60
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	16	122
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	35	162
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	111	124
19108	Candies, jellybeans	11.0	10.0 small	6	4
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	23	97
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	80	133
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	20	92
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	190	101
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	116	80
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2	--
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2	--
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	3	--
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	8	--
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	1	--
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	23	--
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	17	141
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	64	--
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	29	125
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	20	--
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	98	152
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	27	187
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	85	162
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	97	72
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	120	--
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	108	--
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	84	98
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	71	--
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	57	--
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	87	--
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	9	7
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	7	--
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	9	--
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	9	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	78	--
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	136	184
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	89	--
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	143	--
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	1	--
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	--	1
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	1	--
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	53	--
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	113	106
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	136	158
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	122	143
19116	Candies, marshmallows	50.0	1.0 cup of miniature	40	2
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	6	26
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	20	117
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	61	748
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	30	182
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	34	148
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	28	61
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	20	193
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	87	70
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0	--
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	138	149
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	118	18
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	138	132
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	8	257
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	15	--
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	66	134
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	14	196
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	110	148
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	15	--
43046	Candies, nougat, with almonds	14.0	1.0 piece	5	15
19147	Candies, peanut bar	28.35	1.0 oz	44	115
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	126	48
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	19	85
19238	Candies, REESE'S BITES	39.0	16.0 pieces	70	149
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	180	144

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	76	197
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	61	58
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	91	169
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	185	159
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	--	90
19080	Candies, semisweet chocolate	14.5	1.0 serving	2	53
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	19	620
19154	Candies, sesame crunch	28.35	1.0 oz	47	87
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	55	34
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	2	206
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0	9
19081	Candies, sweet chocolate	28.35	1.0 oz	5	82
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	11	72
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	42	184
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	8	0
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	19	91
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	16	6
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	18	46
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	8	36
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	104	6
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	78	15
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	129	--
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	144	145
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	76	243
19181	Candies, YORK BITES	39.0	15.0 pieces	18	42
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	12	48
02054	Capers, canned	8.6	1.0 tbsp, drained	202	3
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	3	176
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	1	16
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	4	0
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	5	1
11122	Cardoon, raw	178.0	1.0 cup, shredded	303	712
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	30	162
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	4	390
16055	Carob flour	103.0	1.0 cup	36	852

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1354	712
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	1583	1081
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	2290	1162
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1450	1004
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	1066	699
11655	Carrot juice, canned	236.0	1.0 cup	156	689
11683	Carrot, dehydrated	74.0	1.0 cup	204	1880
11960	Carrots, baby, raw	15.0	1.0 large	12	36
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	61	261
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	42	194
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	353	261
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	295	213
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	29	23
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	6	23
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	431	280
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	86	280
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	44	150
11124	Carrots, raw	128.0	1.0 cup chopped	88	410
11134	Cassava, raw	206.0	1.0 cup	29	558
11935	Catsup	17.0	1.0 tbsp	154	48
11949	Catsup, low sodium	17.0	1.0 tbsp	3	48
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	21	59
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	150	88
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	9	88
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	457	250
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	32	250
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	16	127
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	21	250
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	161	172
11965	Cauliflower, green, raw	64.0	1.0 cup	15	192
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	32	320
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	460	268
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	95	268
11141	Celeriac, raw	156.0	1.0 cup	156	468
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	490	426

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11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	136	426
11143	Celery, raw	101.0	1.0 cup chopped	81	263
11145	Celtuce, raw	8.0	1.0 leaf	1	26
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	15	230
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	190	85
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	103	64
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	172	75
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	--	190
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	160	53
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	10	603
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	160	62
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	158	47
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	139	50
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	117	74
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	190	50
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	278	175
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	171	75
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	173	62
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	151	54
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	139	179
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	149	71
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	150	76
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	170	60
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	201	60
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	151	70
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	120	105
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	182	38
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	176	62
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	152	73
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	158	98
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	119	60
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	223	61
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	132	62
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	152	53
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	137	73
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	120	105

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	128	69
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	107	112
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	235	130
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	205	193
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	208	212
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	185	233
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	151	54
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	149	69
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	170	51
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	135	58
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	239	64
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	192	70
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	158	115
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	116	104
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	192	70
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	294	105
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	179	67
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	175	60
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	125	83
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	116	140
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	273	139
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	132	77
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	127	202
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	121	220
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	140	82
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	216	175
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	161	71
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	218	51
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	50	--
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	180	267
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	160	52
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	268	173
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	198	89
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	141	92
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	32	658

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	62	149
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	146	122
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	2	67
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	260	--
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	2	53
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	126	75
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	142	329
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	92	439
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	125	262
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	125	213
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	99	325
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	85	354
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	108	194
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	88	80
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	83	107
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	134	81
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	127	78
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	3	172
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	2	174
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	7	172
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	140	147
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	185	68
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	112	69
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	134	117
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	2	185
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	188	139
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	110	92
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	107	25
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	126	43
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	137	42
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	154	54
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	3	188
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	208	269
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	2	238

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	9	194
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	1	211
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	99	69
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	96	82
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	106	76
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	184	84
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	153	87
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	180	84
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	143	70
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	2	188
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	3	190
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	158	38
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	184	104
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	192	125
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	189	58
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	168	76
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	206	243
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	208	150
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	80	316
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	130	31
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	116	39
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	131	61
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	204	47
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	107	34
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	137	197
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	191	21
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	136	34
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	140	23
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	1	196
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	1	208
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	111	18
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	210	31
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	38	49

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	149	122
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	126	105
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	114	28
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	1	255
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	131	178
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	218	54
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	210	385
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	213	206
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	216	260
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	174	41
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	170	15
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	199	91
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	207	16
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	144	61
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	183	81
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	114	117
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	188	78
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	192	71
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	195	80
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	190	130
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	145	60
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	150	32
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	190	33
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	139	54
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	110	55
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	142	47
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	105	60
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	155	52
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	242	33
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	265	22
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	305	38
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	140	25
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	10	180
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	170	21
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	--	55

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	220	35
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	251	68
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	208	72
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	200	56
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	154	60
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	136	72
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	275	322
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	145	33
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	205	72
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	8	185
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	137	150
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	41	160
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	190	170
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	162	160
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	140	206
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	103	148
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	139	55
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	225	310
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	188	107
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	124	142
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	178	80
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	172	56
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	143	19
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	26	48
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	270	232
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	136	97
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	149	175
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	136	208
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	150	147
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	136	63
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	140	51
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	133	68
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	127	68
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	60	205
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	177	45
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0	231

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	10	170
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	1	179
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	1	190
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	179	64
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	194	200
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	155	159
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	24	232
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	204	50
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	188	49
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	187	48
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	204	60
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	200	64
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	188	48
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	183	45
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	256	83
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	129	237
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	153	84
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	165	195
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	149	75
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	212	56
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	255	98
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	209	156
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	23	218
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	194	200
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	193	201
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	28	256
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	205	65
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	156	86
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	148	83
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	160	91
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	1	16
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	1	55
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	3	226
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	200	50
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	208	250

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	230	60
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	160	30
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	180	35
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	150	65
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	170	183
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	160	170
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0	16
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	2	135
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	1	205
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	1	154
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	113	245
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	231	30
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	238	30
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	130	150
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	135	210
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	1	268
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0	42
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	573	69
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	5	69
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0	14
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	5	51
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	3	201
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0	13
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	520	51
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	422	49
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	2	49
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	3	64
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	9	55
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	10	56
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	2	50
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	104	60
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	83	56

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	108	53
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	66	13
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	246	48
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	324	43
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	15	40
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	1	13
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	43	55
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	14	17
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	294	54
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	43	55
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0	10
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	110	264
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	109	234
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	89	275
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	95	227
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	153	170
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	148	141
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	138	166
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	4	86
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	3	86
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	1	33
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	2	58
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0	35
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0	38
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	217	155
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	62	102
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	115	143
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	195	128
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	266	170
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	203	159
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	266	204
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	166	164

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	5	293
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	9	164
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	460	37
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	325	39
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	497	59
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0	51
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0	56
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	425	38
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	335	34
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	426	59
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	540	59
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	505	48
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	2	144
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	166	121
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	195	141
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	287	118
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	258	112
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	213	115
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	179	130
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	250	125
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	175	98
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	184	112
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	218	182
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	189	155
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	191	138
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	278	150
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	2	232
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	267	258
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	236	222
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	132	366
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	151	420
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	248	312
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	3	129
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	1	143

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	1	143
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	279	147
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	289	148
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	3	201
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	1	180
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	5	187
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	578	187
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	5	197
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	564	172
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0	172
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	2	366
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	726	961
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	313	961
11147	Chard, swiss, raw	36.0	1.0 cup	77	136
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	379	277
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	2	277
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	3	165
01045	Cheese food, cold pack, American	28.35	1.0 oz	274	103
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	368	36
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	1451	288
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	1628	288
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	440	81
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	252	69
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	243	56
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	444	92
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	240	81
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	148	43
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	231	52
43276	Cheese spread, cream cheese base	28.35	1.0 oz	124	32
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	2275	339
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	774	514
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	282	51
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	250	75
01004	Cheese, blue	28.35	1.0 oz	325	73
01005	Cheese, brick	132.0	1.0 cup, diced	739	180
01006	Cheese, brie	28.35	1.0 oz	178	43

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
01007	Cheese, camembert	28.35	1.0 oz	239	53
01008	Cheese, caraway	28.35	1.0 oz	196	26
01009	Cheese, cheddar	132.0	1.0 cup, diced	862	100
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	280	18
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	132	13
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	122	14
01010	Cheese, cheshire	28.35	1.0 oz	198	27
01011	Cheese, colby	132.0	1.0 cup, diced	797	168
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	411	118
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	389	102
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	459	97
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	249	97
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	15	97
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	455	97
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	348	141
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	539	199
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	455	97
01017	Cheese, cream	14.5	1.0 tbsp	46	19
01186	Cheese, cream, fat free	18.0	1.0 tbsp	126	50
43274	Cheese, cream, low fat	15.0	1.0 tbsp	54	37
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	1754	113
01018	Cheese, edam	28.35	1.0 oz	230	53
01019	Cheese, feta	150.0	1.0 cup, crumbled	1376	93
01020	Cheese, fontina	132.0	1.0 cup, diced	1056	84
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	916	157
01021	Cheese, gjetost	28.35	1.0 oz	170	399
01156	Cheese, goat, hard type	28.35	1.0 oz	120	14
01157	Cheese, goat, semisoft type	28.35	1.0 oz	118	45
01159	Cheese, goat, soft type	28.35	1.0 oz	130	7
01022	Cheese, gouda	28.35	1.0 oz	232	34
01023	Cheese, gruyere	28.35	1.0 oz	202	23
01024	Cheese, limburger	134.0	1.0 cup	1072	172
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	1152	87
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	28	148
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	95	24
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	220	26

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	1493	115
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	931	114
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	814	69
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	70	6
01025	Cheese, monterey	132.0	1.0 cup, diced	792	107
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	1031	107
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	879	248
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	587	113
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	21	125
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	840	120
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	175	24
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	702	85
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	201	21
01030	Cheese, muenster	132.0	1.0 cup, diced	829	177
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	678	151
01031	Cheese, neufchatel	28.35	1.0 oz	95	43
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1529	125
01032	Cheese, parmesan, grated	100.0	1.0 cup	1804	180
01033	Cheese, parmesan, hard	28.35	1.0 oz	390	26
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	63	107
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	85	5
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	474	37
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	2505	252
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	474	37
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	244	46
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	10	227
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	1281	227
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1918	302
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	2002	252
01034	Cheese, port de salut	132.0	1.0 cup, diced	705	180
01035	Cheese, provolone	132.0	1.0 cup, diced	1156	182
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	812	182
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	123	155
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	104	130
01038	Cheese, romano	28.35	1.0 oz	406	24
01039	Cheese, roquefort	28.35	1.0 oz	513	26

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
01040	Cheese, swiss	132.0	1.0 cup, diced	247	95
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	56	31
43405	Cheese, swiss, low sodium	28.0	1.0 slice	4	31
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	280	31
01041	Cheese, tilsit	28.35	1.0 oz	213	18
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	831	149
18147	Cheesecake commercially prepared	28.35	1.0 oz	124	26
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	108	60
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1082	206
09062	Cherimoya, raw	160.0	1.0 cup, pieces	11	459
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	7	193
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	18	238
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	18	238
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	18	239
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	17	239
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	2	192
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	5	268
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	8	371
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	8	328
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	8	373
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	8	367
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	5	265
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	2	325
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	3	515
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0	306
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	5	150
19163	Chewing gum	3.0	1.0 stick	0	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0	0
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	288	248
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	1408	458
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	25	25
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	67	34
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	80	32
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	124	43
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	437	133

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	457	28
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	319	157
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	311	149
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1187	332
07018	Chicken spread	56.0	1.0 serving (1 serving)	404	59
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	111	59
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	40	292
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	44	332
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	38	284
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	146	266
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	183	357
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	433	216
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	479	224
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	280	235
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	279	241
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	278	198
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	286	207
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	285	190
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	318	242
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	318	249
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	295	145
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	370	164
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)	228	130
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)	40	99
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	28	67
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	596	297
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	54	123
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	38	85
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	35	88
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23	57
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	562	263
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17	41
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25	63
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)	231	169

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
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)	45	153
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	99	343
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	295	246
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	87	249
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)	55	191
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	41	144
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	104	358
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	266	258
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	88	262
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	147	282
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	105	218
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	111	227
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	123	246
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	148	292
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	251	157
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)	98	253
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)	88	222
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)	77	183
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	62	151
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	136	354
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	130	336
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	104	253
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	93	242
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	84	272
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	85	295
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	142	361
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)	116	80
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)	26	66
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)	129	259
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	218	154
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	106	258
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	141	281
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24	62
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	221	160

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	68	169
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	164	478
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	97	325
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18	52
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)	265	180
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)	59	156
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	83	224
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	102	246
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	71	173
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	54	142
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	84	229
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	66	162
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	82	202
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)	324	209
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)	60	186
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)	59	179
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)	57	150
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	75	237
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	113	368
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	108	346
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	91	252
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	60	210
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	241	162
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	73	201
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	60	161
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	67	180
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	56	139
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	248	157
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	71	199
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	115	312
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	94	232
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	60	161
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	127	360
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	65	195
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	120	340
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	98	252

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6	12
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)	44	24
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)	9	20
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10	21
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7	15
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3	7
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5	10
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	4	8
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	662	86
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17	41
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22	46
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	108	69
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25	51
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	30	48
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)	150	100
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)	33	90
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	140	347
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	307	231
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	29	70
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	156	394
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	29	80
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	123	312
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	300	235
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	105	256
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)	93	40
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)	15	34
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	83	180
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	323	157
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	94	195
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	90	200
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11	25
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12	27
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	384	171
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	102	214
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)	14	33

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	714	196
05311	Chicken, canned, no broth	28.0	1.0 oz	135	43
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	80	222
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	89	260
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	42	207
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	40	181
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	42	217
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	38	184
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	54	208
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	52	201
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	54	212
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	58	229
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	175	231
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	240	315
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	214	256
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	161	218
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	173	228
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	217	275
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	157	220
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	226	330
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	128	162
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	167	246
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	230	348
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	133	199
05335	Chicken, feet, boiled	28.35	1.0 oz	19	9
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	81	260
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	20	67
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	64	575
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	67	585
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	70	191
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	5	11
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	40	139
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	33	116
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	31	101
43128	Chicken, meatless	168.0	1.0 cup	1191	91
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	520	390

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	470	179
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	441	230
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	133	314
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	107	257
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	87	232
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	19	57
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	71	330
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	50	249
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	60	173
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	59	167
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	62	179
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	105	321
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	64	202
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	21	46
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	24	51
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	14	34
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	39	41
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	46	56
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	39	29
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	133	286
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	106	254
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	81	223
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22	63
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	81	279
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	47	232
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	57	145
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	60	173
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	62	155
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	60	173
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	109	283
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	67	213
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	1081	371
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	178	55
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	537	209
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	619	188
16157	Chickpea flour (besan)	92.0	1.0 cup	59	778

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	622	319
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	538	277
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	667	346
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	317	346
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	399	477
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	11	477
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	48	1436
11152	Chicory greens, raw	29.0	1.0 cup, chopped	13	122
11154	Chicory roots, raw	60.0	1.0 root	30	174
11151	Chicory, witloof, raw	53.0	1.0 head	1	112
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	11	39
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	11	38
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	24	55
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	16	37
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1087	639
16059	Chili with beans, canned	256.0	1.0 cup	1083	934
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	939	598
22911	Chili, no beans, canned entree	240.0	1.0 cup	986	444
11615	Chives, freeze-dried	0.2	1.0 tbsp	0	6
11156	Chives, raw	3.0	1.0 tbsp chopped	0	9
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	7	158
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	3	161
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	6	203
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	15	151
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	8	584
07019	Chorizo, pork and beef	28.35	1.0 oz	350	113
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	60	289
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	289	569
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	53	569
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	30	142
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	198	66
09433	Clementines, raw	74.0	1.0 fruit	1	131
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	170	0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	1	85
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	1	151

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	18	1311
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	0	--
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	16	2158
18103	Coffeecake, cheese	28.35	1.0 oz	96	82
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	100	35
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	100	35
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	169	25
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	119	32
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	92	22
18106	Coffeecake, fruit	28.35	1.0 oz	109	26
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	479	222
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	28	222
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	486	427
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	85	427
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	46	240
11161	Collards, raw	36.0	1.0 cup, chopped	6	77
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	236	--
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	108	73
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	122	30
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	53	57
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	93	54
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	115	28
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	80	30
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	81	42
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	104	51
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	86	62
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	24	95
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	97	50
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	80	31
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	100	31
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	95	32
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	40	22
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	89	38
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	142	46
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	39	18

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	69	56
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	82	59
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	97	63
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	102	64
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	106	59
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	66	57
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	85	72
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	160	60
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	140	84
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	92	68
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	97	84
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	100	39
18157	Cookies, chocolate wafers	28.35	1.0 oz	164	60
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	130	141
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	87	44
18170	Cookies, fig bars	28.35	1.0 oz	99	59
18171	Cookies, fortune	28.35	1.0 oz	9	12
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	54	39
18172	Cookies, gingersnaps	28.35	1.0 oz	142	98
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	121	69
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	28	78
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	33	11
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	88	46
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	72	72
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	130	48
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	220	60
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	42	32
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	42	32
28351	Cookies, Marie biscuit	28.0	5.0 cookie	104	86
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	53	52
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	75	50
18177	Cookies, molasses	28.35	1.0 oz	130	98
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	169	52
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	109	40
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	99	38
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	77	50

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	134	52
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	153	68
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	170	52
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	140	68
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	83	42
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	93	46
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	104	54
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	117	83
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	131	57
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	95	30
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	130	59
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	147	65
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	113	87
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	124	96
18191	Cookies, raisin, soft-type	28.35	1.0 oz	119	40
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	80	21
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	100	25
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	67	10
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	40	90
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	20	16
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	37	42
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	109	25
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	139	22
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	108	49
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	103	46
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	99	26
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	170	50
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	98	30
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	110	27
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	2	21
20015	Corn bran, crude	76.0	1.0 cup	5	33
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	521	98
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	6	299
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	6	299
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0	26
20316	Corn flour, whole-grain, white	117.0	1.0 cup	6	369

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	6	369
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	1	113
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	6	299
20314	Corn grain, white	166.0	1.0 cup	58	476
20014	Corn grain, yellow	166.0	1.0 cup	58	476
11656	Corn pudding, home prepared	250.0	1.0 cup	705	440
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	788	347
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	1	220
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	8	343
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	668	305
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	6	391
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	571	391
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	303	233
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	31	420
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	545	420
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	225	224
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	3	224
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	404	243
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	8	243
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	5	351
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	396	414
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7	414
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	8	485
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	11	197
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	499	348
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	8	343
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	668	343
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	244	174
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	31	348
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	6	391
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	571	391
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	336	216
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	225	194
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	1	194
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	2	384
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	4	290

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	396	414
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7	414
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	8	485
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	404	384
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	22	392
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	6	389
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	267	28
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	11	223
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	11	223
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	11	223
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	11	223
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	1521	311
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	2242	352
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	1860	235
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	43	350
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	43	350
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	1521	311
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	2242	352
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	1860	235
11190	Cornsalad, raw	56.0	1.0 cup	2	257
20027	Cornstarch	128.0	1.0 cup	12	4
20029	Couscous, cooked	157.0	1.0 cup, cooked	8	91
20028	Couscous, dry	173.0	1.0 cup	17	287
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	396	690
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	7	690
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	410	638
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	8	638
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	10	706
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	6	625
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	436	641
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	32	641
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	97	2296
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	840	427
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	703	413
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	410	475

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	7	475
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	27	1857
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	128	186
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	3	186
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	3	164
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	227	186
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	3	186
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	4	202
09077	Crabapples, raw	110.0	1.0 cup slices	1	213
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1530	558
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	897	340
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	184	271
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1564	128
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	737	773
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	272	616
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	656	222
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	961	321
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	1208	368
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	85	1091
18236	Cracker meal	28.35	1.0 oz	5	33
18434	Crackers, cheese, low sodium	14.2	0.5 oz	65	15
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	350	42
18214	Crackers, cheese, regular	14.2	0.5 oz	138	22
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	342	115
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	118	31
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	249	66
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	356	40
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	241	37
18216	Crackers, crispbread, rye	14.2	0.5 oz	58	45
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	50	12
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	27	23
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	95	9
18218	Crackers, matzo, egg	14.2	0.5 oz	3	21
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	40	12
18217	Crackers, matzo, plain	14.2	0.5 oz	0	16

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0	45
18220	Crackers, melba toast, plain	14.2	0.5 oz	85	29
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	3	29
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	128	27
18222	Crackers, melba toast, wheat	14.2	0.5 oz	119	21
18223	Crackers, milk	14.2	0.5 oz	98	16
28292	Crackers, multigrain	14.0	4.0 crackers	124	24
18224	Crackers, rusk toast	14.2	0.5 oz	36	35
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	148	49
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	79	70
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	126	64
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	140	23
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	127	17
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	28	103
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	109	18
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	170	31
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	230	44
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	200	37
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	116	19
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	31	50
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	139	61
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	114	31
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	112	31
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	55	95
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	80	14
18428	Crackers, wheat, low salt	14.2	0.5 oz	27	29
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	225	61
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	238	96
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	119	43
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	115	42
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	273	142
18235	Crackers, whole-wheat	28.0	1.0 serving	197	97
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	26	42
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	216	108
09079	Cranberries, dried, sweetened	40.0	0.25 cup	2	20

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09078	Cranberries, raw	110.0	1.0 cup, chopped	2	88
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	12	152
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	1	4
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1	7
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	1	18
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	1	4
43382	Cranberry juice, unsweetened	253.0	1.0 cup	5	195
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	14	78
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	4	24
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	4	15
09082	Cranberry-orange relish, canned	275.0	1.0 cup	88	104
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	137	27
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	299	77
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	10	14
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	15	11
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	18	53
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	10	29
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	12	29
01069	Cream substitute, powdered	94.0	1.0 cup	117	629
42136	Cream substitute, powdered, light	94.0	1.0 cup	215	848
01049	Cream, fluid, half and half	30.2	1.0 fl oz	18	40
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	32	114
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	22	41
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	41	116
01199	Cream, half and half, fat free	29.0	2.0 tbsp	29	60
01056	Cream, sour, cultured	12.0	1.0 tbsp	4	15
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	13	19
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	5	88
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	125	5
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	140	7
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	152	23
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	329	477
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	11	477
11203	Cress, garden, raw	50.0	1.0 cup	7	303
18240	Croissants, apple	28.35	1.0 oz	78	26

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18239	Croissants, butter	28.35	1.0 oz	132	33
18241	Croissants, cheese	28.35	1.0 oz	102	37
18242	Croutons, plain	14.2	0.5 oz	99	18
18243	Croutons, seasoned	14.2	0.5 oz	155	26
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	14	13
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1436	351
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	450	76
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	711	173
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	760	350
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	466	306
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	198	194
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	249	280
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	321	347
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	251	301
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	587	170
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	458	147
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	82	202
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	53	222
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	80	252
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	49	257
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	705	334
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	634	300
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	94	220
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1114	102
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	292	191
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	805	144
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	599	76
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	34	7
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	101	224
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	193	177
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	150	153
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	3	181
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	1	76
09083	Currants, european black, raw	112.0	1.0 cup	2	361
09084	Currants, red and white, raw	112.0	1.0 cup	1	308
09085	Currants, zante, dried	144.0	1.0 cup	12	1284

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	294	244
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	46	244
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	42	218
18245	Danish pastry, cheese	28.35	1.0 oz	118	28
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	117	35
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	105	35
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	126	24
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	100	24
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	100	24
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	84	27
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	100	24
09087	Dates, deglet noor	147.0	1.0 cup, chopped	3	964
09421	Dates, medjool	24.0	1.0 date, pitted	0	167
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	431	163
36027	DENNY'S, chicken strips	194.0	1.0 serving	1548	648
36028	DENNY'S, coleslaw	91.0	1.0 serving	342	128
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	1037	525
36610	DENNY'S, french fries	165.0	1.0 serving	73	812
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	224	20
36030	DENNY'S, hash browns	124.0	1.0 serving	580	516
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	540	297
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	2298	276
36031	DENNY'S, onion rings	166.0	1.0 serving	1295	249
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1983	1164
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	373	365
01070	Dessert topping, powdered	43.0	1.5 oz	52	71
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	53	121
01072	Dessert topping, pressurized	70.0	1.0 cup	43	13
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	19	14
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	495	110
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	86	209
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	81	181
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	307	1155
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	17	39
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	2579	29

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	1	0
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	1322	303
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	1274	359
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	815	375
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	1348	320
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	1538	439
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	961	389
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	1616	477
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	860	431
02045	Dill weed, fresh	1.0	5.0 sprigs	1	7
27065	Dip, bean, original flavor	36.0	2.0 tbsp	159	132
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	159	132
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	221	27
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	239	32
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	232	26
11616	Dock, raw	133.0	1.0 cup, chopped	5	519
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	565	174
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	440	141
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	726	199
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	689	263
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	690	207
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	619	177
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	852	234
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	677	209
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	566	180
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	873	243
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	61	30
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	191	54
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	92	57
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	114	29
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	98	22
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	90	29
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	97	31
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	88	23
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	129	22
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	80	358

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	301	21
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	103	144
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	4	144
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	2	71
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	329	539
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	51	539
11620	Drumstick pods, raw	100.0	1.0 cup slices	42	461
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	62	101
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	83	286
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	54	178
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	91	353
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	101	371
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	42	196
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	48	212
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	47	--
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	89	--
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	101	--
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	92	--
01225	Dulce de Leche	19.0	1.0 tbsp	25	66
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	540	122
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	5	1059
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	299	80
11212	Edamame, frozen, prepared	155.0	1.0 cup	9	676
11211	Edamame, frozen, unprepared	118.0	1.0 cup	7	569
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	239	459
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	123	302
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	118	292
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	50	32
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	382	225
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	346	180
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	333	151
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	119	128

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
01144	Egg substitute, powder	9.9	0.35 oz	79	74
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	102	155
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	199	302
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	13	12
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	119	112
01173	Egg, white, dried	28.0	1.0 oz	358	315
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	328	295
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	1325	1194
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	1390	946
01124	Egg, white, raw, fresh	33.0	1.0 large	55	54
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	--	47
01128	Egg, whole, cooked, fried	46.0	1.0 large	95	70
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	169	171
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	23	18
01131	Egg, whole, cooked, poached	50.0	1.0 large	148	69
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	88	81
01133	Egg, whole, dried	85.0	1.0 cup, sifted	405	459
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	466	438
01123	Egg, whole, raw, fresh	50.0	1.0 large	71	69
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	36	38
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	1026	36
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	100	177
01125	Egg, yolk, raw, fresh	17.0	1.0 large	8	19
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	19	34
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	989	31
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	20	30
01057	Eggnog	254.0	1.0 cup	137	419
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	237	122
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	1	122
43146	Eggplant, pickled	136.0	1.0 cup	2277	16
11209	Eggplant, raw	82.0	1.0 cup, cubes	2	188
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	46	42
09088	Elderberries, raw	145.0	1.0 cup	9	406
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	45	337
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	102	255
05625	Emu, flat fillet, raw	85.0	3.0 oz	128	204

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	94	275
05626	Emu, full rump, raw	85.0	3.0 oz	76	280
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	71	409
05621	Emu, ground, raw	117.0	1.0 patty	66	374
05628	Emu, inside drum, raw	85.0	3.0 oz	87	270
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	100	265
05630	Emu, outside drum, raw	85.0	3.0 oz	85	272
05631	Emu, oyster, raw	85.0	3.0 oz	128	212
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	49	318
11213	Endive, raw	25.0	0.5 cup, chopped	6	78
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	84	44
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	92	48
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	120	31
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	132	37
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	135	37
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	132	37
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	132	37
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	85	49
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	97	55
18264	English muffins, wheat	28.35	1.0 oz	100	53
18265	English muffins, wheat, toasted	28.35	1.0 oz	109	57
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	220	74
18266	English muffins, whole-wheat	28.35	1.0 oz	103	60
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	112	65
11984	Epazote, raw	0.8	1.0 tbsp	0	5
11618	Eppaw, raw	100.0	1.0 cup	12	340
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	28	368
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	50	99
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	104	53
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	103	53
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	143	51
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	88	18
21142	Fast food, biscuit	55.0	1.0 biscuit	538	72
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	640	184
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	720	268
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	687	194

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	564	151
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	801	250
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	760	216
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	807	223
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	691	176
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	734	229
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	809	241
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	688	198
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	1631	368
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1204	269
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	888	306
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	1146	272
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	891	238
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1266	250
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1989	302
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1089	241
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1183	190
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	1578	282
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	904	170
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	232	57
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	811	164
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	985	653
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	1374	648
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	1042	483
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	1087	492
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	956	350
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	1148	596
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	1344	678
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	1438	717
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1051	335
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	1062	399
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	925	322
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	956	350
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	921	390
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	875	382

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	1176	444
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	1422	502
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	897	489
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	1712	538
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	1017	447
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	798	234
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	628	205
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	469	178
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	1586	573
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	1408	458
21401	Fast foods, chicken tenders	30.0	1.0 strip	231	112
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	570	241
21127	Fast foods, coleslaw	191.0	1.0 cup	388	246
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	938	272
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	807	230
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	1640	694
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	551	174
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	771	200
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	1102	277
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	987	270
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	180	141
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	721	193
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	777	218
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	904	243
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	1324	453
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	582	295
21024	Fast foods, french toast sticks	65.0	3.0 pieces	260	72
21023	Fast foods, french toast with butter	135.0	2.0 slices	513	177
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	1334	572
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	727	435
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	443	190
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	197	116
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	1016	326
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	485	208
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	503	152

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	282	110
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	1249	275
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	1297	291
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	995	196
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	982	453
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	710	236
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	1688	606
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	640	385
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	712	785
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	791	570
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	1081	718
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	742	527
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	497	271
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	474	267
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	824	480
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	845	464
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	791	398
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	258	154
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	472	191
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	504	227
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	670	143
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	480	166
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	973	262
21129	Fast foods, hush puppies	22.0	1.0 piece	179	56
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	138	33
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	250	290
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	773	662
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	908	195
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	149	411
21139	Fast foods, potato, mashed	242.0	1.0 cup	741	692
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	31	20
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	1341	329
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	973	334
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	350	32

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	49	455
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	524	275
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	1127	553
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	729	675
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	913	575
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	531	392
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	625	357
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	892	368
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	695	650
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	780	419
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	583	466
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	1437	1094
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	195	318
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	182	395
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	92	271
21083	Fast foods, taco salad	198.0	1.5 cup	762	416
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	274	144
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	571	164
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	601	213
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	97	232
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	75	133
04001	Fat, beef tallow	12.8	1.0 tbsp	--	0
04542	Fat, chicken	12.8	1.0 tbsp	--	0
04574	Fat, duck	12.8	1.0 tbsp	--	0
04576	Fat, goose	12.8	1.0 tbsp	--	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	--	0
04575	Fat, turkey	12.8	1.0 tbsp	--	0
09334	Feijoa, raw	243.0	1.0 cup, pureed	7	418
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	45	360
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	3	253
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	3	256
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	3	257

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	2	255
09095	Figs, dried, stewed	259.0	1.0 cup	10	761
09094	Figs, dried, uncooked	149.0	1.0 cup	15	1013
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	1	148
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	8	114
06963	Fish broth	244.0	1.0 cup	776	210
04589	Fish oil, cod liver	4.5	1.0 tsp	--	0
04590	Fish oil, herring	13.6	1.0 tbsp	--	0
04591	Fish oil, menhaden	13.6	1.0 tbsp	--	0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	--	0
04593	Fish oil, salmon	13.6	1.0 tbsp	--	0
04594	Fish oil, sardine	13.6	1.0 tbsp	--	0
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	1040	154
15001	Fish, anchovy, european, raw	85.0	3.0 oz	88	326
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	55	281
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	56	283
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	109	407
15004	Fish, bass, striped, raw	85.0	3.0 oz	59	218
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	90	558
15005	Fish, bluefish, raw	150.0	1.0 fillet	90	558
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	112	466
15006	Fish, burbot, raw	116.0	1.0 fillet	113	469
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	28	120
15007	Fish, butterfish, raw	32.0	1.0 fillet	28	120
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	54	363
15008	Fish, carp, raw	85.0	3.0 oz	42	283
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	244	296
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	170	523
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	83	257
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	72	599
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	37	304
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	240	29
15013	Fish, cisco, raw	79.0	1.0 fillet	43	280
15014	Fish, cisco, smoked	28.35	1.0 oz	136	83
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	185	449
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	66	207

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15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1992	413
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	46	351
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	114	316
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	335	260
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	351	273
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	93	280
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	303	296
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	44	273
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	38	478
15022	Fish, cusk, raw	122.0	1.0 fillet	38	478
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	82	300
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	64	234
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	18	99
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	43	231
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	229	105
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	461	250
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	84	45
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	220	38
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	45	404
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	45	411
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	392	526
15033	Fish, haddock, raw	85.0	3.0 oz	181	243
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	216	118
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	70	449
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	58	370
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	88	292
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	68	228
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	164	599
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	260	127
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1218	97
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	26	93
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	137	780
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	63	360
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	147	413
15044	Fish, ling, raw	85.0	3.0 oz	115	322
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	65	476

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
15045	Fish, lingcod, raw	85.0	3.0 oz	50	371
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	73	353
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	101	352
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	107	55
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	173	474
15049	Fish, mackerel, king, raw	85.0	3.0 oz	134	370
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	31	148
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	73	345
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	3560	416
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	96	809
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	50	379
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	96	453
15023	Fish, mahimahi, raw	85.0	3.0 oz	75	354
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	78	318
15053	Fish, milkfish, raw	85.0	3.0 oz	61	248
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	20	436
15054	Fish, monkfish, raw	85.0	3.0 oz	15	340
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	66	426
15055	Fish, mullet, striped, raw	28.35	1.0 oz	18	101
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	174	113
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	81	53
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	36	158
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	37	161
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	42	281
15062	Fish, pike, northern, raw	85.0	3.0 oz	33	220
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	81	619
15064	Fish, pike, walleye, raw	85.0	3.0 oz	43	331
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	141	309
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	251	258
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	256	123
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	135	281
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	94	388
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	73	303
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	67	560
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	18	108
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	107	703

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
15059	Fish, pout, ocean, raw	85.0	3.0 oz	52	340
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	133	696
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	63	328
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	33	80
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	13	31
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	59	154
15073	Fish, roughy, orange, raw	85.0	3.0 oz	61	142
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	61	390
15074	Fish, sablefish, raw	85.0	3.0 oz	48	304
15075	Fish, sablefish, smoked	28.35	1.0 oz	209	134
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	52	326
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	50	309
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	48	534
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	37	416
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	51	429
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	40	335
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	191	50
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	567	50
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	332	255
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	64	255
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	54	468
15079	Fish, salmon, chum, raw	85.0	3.0 oz	42	365
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	74	658
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	40	382
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	49	369
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	45	387
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	39	360
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	324	283
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	321	277
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	343	292
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	64	277
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	76	373
15083	Fish, salmon, pink, raw	85.0	3.0 oz	64	311
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	347	267
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	64	320
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	78	371

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	22	104
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	457	592
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	368	303
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	27	184
15090	Fish, scup, raw	85.0	3.0 oz	36	244
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	88	331
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	88	330
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	63	371
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	49	290
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	94	708
15094	Fish, shad, american, raw	85.0	3.0 oz	43	326
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	104	132
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	67	136
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	62	435
15097	Fish, sheepshead, raw	85.0	3.0 oz	60	343
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	65	316
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	51	246
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	48	444
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	54	354
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	18	318
15103	Fish, spot, raw	64.0	1.0 fillet	19	317
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	59	309
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	46	241
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	210	107
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	63	604
15107	Fish, sucker, white, raw	85.0	3.0 oz	34	323
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	38	166
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	38	168
15109	Fish, surimi	28.35	1.0 oz	41	32
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	82	424
15110	Fish, swordfish, raw	85.0	3.0 oz	69	355
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	49	331
15261	Fish, tilapia, raw	116.0	1.0 fillet	60	350
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	88	768
15112	Fish, tilefish, raw	85.0	3.0 oz	45	368
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	67	621

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	42	287
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	41	285
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	43	320
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	40	298
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	80	641
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	26	409
15128	Fish, tuna salad	85.0	3.0 oz	342	151
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	42	275
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	33	214
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	31	346
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	13	125
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	607	302
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	42	176
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	70	51
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	42	201
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	40	444
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	337	283
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	42	283
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	320	201
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	42	201
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	46	448
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	163	259
15129	Fish, turbot, european, raw	85.0	3.0 oz	128	202
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	55	345
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	43	269
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	1386	575
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	95	312
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	66	229
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	130	458
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	72	255
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	73	785
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	33	357
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	367	130
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	32	24
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	320	65
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	140	179

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	185	198
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	57	--
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	57	--
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	254	--
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	183	--
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	211	193
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	175	--
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	230	--
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	190	150
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	209	246
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	139	159
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	260	125
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	409	121
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	424	74
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	502	125
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	424	178
07024	Frankfurter, chicken	85.0	3.0 oz	873	172
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	177	95
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	567	79
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	457	162
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	518	186
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	1406	373
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	498	183
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	527	73
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	659	137
07939	Frankfurter, pork	76.0	1.0 link	620	201
07025	Frankfurter, turkey	28.35	1.0 oz	258	111
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	140	38
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	136	38
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	874	722
80200	Frog legs, raw	45.0	1.0 leg	26	128
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	295	698

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	41	47
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	54	47
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	75	80
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	61	71
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	63	12
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	44	43
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	20	98
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	53	29
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	38	3
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	70	13
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	484	242
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	491	243
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	3	41
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	50	129
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	81	238
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	3	13
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	1	2
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	22	3
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	35	17
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	4	8
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	6	6
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	6	6
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	30	85
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	2	30
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	4	8
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	126	--
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	89	--
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	122	--
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	67	--
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	18	--
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	81	213
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	5	--
42186	Frozen yogurts, chocolate	174.0	1.0 cup	110	407
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	151	631
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	71	188
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	110	271

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	63	152
19294	Fruit butters, apple	17.0	1.0 tbsp	3	15
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	8	112
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	5	128
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	15	218
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	9	225
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	15	215
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	9	223
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	13	193
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	10	292
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	25	407
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	12	429
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	10	370
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	16	454
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	10	341
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	5	458
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	7	329
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	5	468
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	13	207
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	15	204
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	12	289
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	15	207
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	7	191
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	5	337
19018	Fruit syrup	334.0	1.0 cup	0	23
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	500	117

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	10	211
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	56	261
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	45	329
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	46	316
17144	Game meat, antelope, raw	28.35	1.0 oz	14	100
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	60	224
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	50	343
17150	Game meat, beaver, raw	28.35	1.0 oz	14	99
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	70	390
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	22	124
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	48	269
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	53	300
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	64	297
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	44	315
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	14	98
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	48	307
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	15	97
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	17	91
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	35	325
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	40	332
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	14	95
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	51	337
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	48	266
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	15	84
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	51	264
17162	Game meat, caribou, raw	28.35	1.0 oz	16	84
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	46	285
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	73	339
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	64	280
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	31	215
17164	Game meat, deer, raw	28.35	1.0 oz	14	90
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	44	266
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	48	369
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)	46	385
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	52	279
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	81	336

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	81	328
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	62	461
17166	Game meat, elk, raw	28.35	1.0 oz	16	88
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	43	333
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	46	361
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	73	344
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	47	322
17170	Game meat, horse, raw	28.35	1.0 oz	15	102
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	59	284
17172	Game meat, moose, raw	28.35	1.0 oz	18	90
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	81	272
17174	Game meat, muskrat, raw	28.35	1.0 oz	23	78
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	49	372
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	40	326
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	31	255
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	12	94
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	38	292
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	14	107
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	67	338
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	101	299
17183	Game meat, squirrel, raw	28.35	1.0 oz	29	86
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	387	158
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	427	492
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	486	126
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	449	125
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	275	55
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	397	126
18963	Garlic bread, frozen	43.0	1.0 slice presliced	234	44
11215	Garlic, raw	136.0	1.0 cup	23	545
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	396	6
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	101	1
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	55	1
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	248	179
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	14	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	56	1

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	417	6
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	14	1
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	289	--
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	1126	--
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	197	--
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	226	9
11216	Ginger root, raw	2.0	1.0 tsp	0	8
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	68	19
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	89	24
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	72	36
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	53	57
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	93	54
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	76	6
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	122	30
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	113	7
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	121	69
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	85	30
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	33	11
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	28	78
17168	Goat, raw	28.35	1.0 oz	23	109
09110	Goji berries, dried	28.0	5.0 tbsp	83	--
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	98	461
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	62	262
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	109	555
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	74	357
05150	Goose, liver, raw	94.0	1.0 liver	132	216
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	5	194
09107	Gooseberries, raw	150.0	1.0 cup	2	297
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	457	806
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	37	806
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	3	132
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	347	248
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	3	248
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	1	87
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	55	96
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	13	263

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	13	263
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	13	263
11975	Grape leaves, canned	4.0	1.0 leaf	114	1
11974	Grape leaves, raw	14.0	1.0 cup	1	38
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	2	389
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	2	400
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	7	319
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	7	319
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	5	405
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	2	336
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	6	1002
09128	Grapefruit juice, white, raw	247.0	1.0 cup	2	400
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0	320
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0	310
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	2	338
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0	292
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0	340
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0	329
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0	345
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	17	421
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	5	328
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	5	322
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	2	176
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	13	264
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	15	262
09129	Grapes, muscadine, raw	6.0	1.0 grape	0	12
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	3	288
06114	Gravy, au jus, canned	59.0	0.25 cup	282	48
06115	Gravy, au jus, dry	3.0	1.0 tsp	348	8
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	1305	189
06957	Gravy, brown instant, dry	6.7	1.0 serving	339	25
06118	Gravy, brown, dry	6.0	1.0 tbsp	291	16
06996	Gravy, CAMPBELL'S, au jus	59.0	0.25 cup	230	--
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	270	--
06317	Gravy, CAMPBELL'S, beef, fat free	59.0	0.25 cup	300	--
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	280	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06998	Gravy, CAMPBELL'S, brown with onions	59.0	0.25 cup	330	--
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	237	31
06320	Gravy, CAMPBELL'S, chicken, fat free	59.0	0.25 cup	310	--
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	260	--
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	190	--
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	270	--
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	310	--
06322	Gravy, CAMPBELL'S, mushroom	59.0	0.25 cup	280	--
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	270	--
06323	Gravy, CAMPBELL'S, turkey, fat free	60.0	0.25 cup	290	--
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	270	--
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	222	24
06120	Gravy, chicken, dry	8.0	1.0 tbsp	332	32
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	310	--
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	59.0	0.25 cup	300	--
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	59.0	0.25 cup	240	--
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	59.0	0.25 cup	250	--
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	59.0	0.25 cup	320	--
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	216	20
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	335	13
06958	Gravy, instant beef, dry	6.7	1.0 serving	349	30
06959	Gravy, instant turkey, dry	6.7	1.0 serving	274	21
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	42	191
06121	Gravy, mushroom, canned	238.0	1.0 cup	1357	252
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	1382	55
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	1005	63
06124	Gravy, pork, dry, powder	6.7	1.0 serving	359	16
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	1373	259
06126	Gravy, turkey, dry	7.0	1.0 serving	307	30
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	1432	66
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	72	235
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	69	206
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	46	172
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	76	258
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	77	210
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	20	60

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	64	241
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	52	303
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	50	288
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	43	251
05305	Ground turkey, raw	453.6	1.0 lb	263	1075
09434	Guanabana nectar, canned	251.0	1.0 cup	20	63
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	15	98
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	20	111
09143	Guava sauce, cooked	238.0	1.0 cup	10	536
09139	Guavas, common, raw	165.0	1.0 cup	3	688
09140	Guavas, strawberry, raw	244.0	1.0 cup	90	712
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	57	164
05152	Guinea hen, meat only, raw	85.0	3.0 oz	59	187
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	35	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	280	82
07033	Ham and cheese spread	15.0	1.0 tbsp	180	24
07031	Ham salad spread	15.0	1.0 tbsp	161	22
07026	Ham, chopped, canned	28.35	1.0 oz	363	81
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	291	89
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	495	91
07030	Ham, minced	28.35	1.0 oz	353	88
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	123	60
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	640	161
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0	3
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	263	9
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	481	501
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	410	600
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	390	791
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	410	701
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	410	861
11961	Hearts of palm, canned	146.0	1.0 cup	622	258
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	177	--
20030	Hominy, canned, white	165.0	1.0 cup	569	15
20330	Hominy, canned, yellow	160.0	1.0 cup	552	14
19296	Honey	339.0	1.0 cup	14	176
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	304	67

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	100	87
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	107	87
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	165	152
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	665	656
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	463	600
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	569	156
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	557	135
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	872	268
09451	Horned melon (Kiwano)	233.0	1.0 cup	5	287
02055	Horseradish, prepared	5.0	1.0 tsp	21	12
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	640	239
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	439	239
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	558	259
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	18	--
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	19	--
16158	Hummus, commercial	15.0	1.0 tbsp	57	34
16137	Hummus, home prepared	15.0	1.0 tablespoon	36	26
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	243	125
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	189	41
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	471	654
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	14	654
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	44	2594
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	207	228
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	2	228
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	2	202
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	80	67
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	90	213
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	73	32
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	84	41
01239	Ice cream cookie sandwich	82.0	1.0 serving	133	56
01238	Ice cream sandwich	70.0	1.0 serving	90	80
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	102	29
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	115	29
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	34	152
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	191	617

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	52	152
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	51	--
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	50	--
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	51	--
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	50	--
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	46	--
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	48	--
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	47	--
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	112	--
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	55	--
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	59	--
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	46	--
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	46	--
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	52	--
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	44	144
19114	Ice creams, chocolate, light	68.0	1.0 serving	48	116
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	54	141
43541	Ice creams, chocolate, rich	148.0	1.0 cup	84	352
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	52	152
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	44	144
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	28	115
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	35	109
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	53	131
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	65	202
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	56	158
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	65	133
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	62	194
19089	Ice creams, vanilla, rich	107.0	0.5 cup	65	168
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	757	62
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0	92
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	19	52
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	7	30
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	10	42

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	11	47
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	5	21
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	9	23
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	9	23
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	9	22
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	15	52
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	6	21
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	15	74
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	31	150
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	18	43
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	20	48
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	9	22
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	18	43
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	20	48
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	9	22
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	10	42
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	11	48
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	5	21
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	10	31
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	52	223
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	11	36
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	6	23

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	12	42
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	48	170
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	10	31
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	10	42
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	11	47
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	5	21
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	13	50
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	5	22
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	19	55
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	8	23
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	13	52
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	5	22
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	13	52
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	5	22
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	6	22
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	19	75
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	18	48
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	29	78
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	8	23
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	16	53
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	19	62
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	40	129
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	7	24
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	16	54
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	16	49

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	13	48
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	12	44
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	6	22
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	13	49
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	12	44
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	19	75
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	20	76
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	11	44
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	12	48
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	12	46
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	5	22
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	9	22
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	21	50
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	22	52
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	19	44
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	33	77
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	19	43
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	22	53
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	33	77
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	12	19
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	12	19
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	12	19
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	11	19

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	11	44
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	12	48
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	11	43
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	12	48
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	5	22
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	13	53
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	5	22
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	15	53
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	14	48
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	16	53
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	12	46
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	5	22
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	16	53
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	48	160
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	24	81
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	21	48
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	32	73
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	24	84
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	14	47
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	24	84
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	7	24
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	16	54
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	17	60
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	8	27
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	14	46
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	15	49
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	7	23

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	19	55
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	15	45
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	8	21
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	6	22
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	5	22
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	11	43
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	12	48
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	5	22
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	9	34
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	10	37
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	4	17
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	11	43
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	13	46
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	5	21
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	210	--
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	20	171
09144	Jackfruit, raw	165.0	1.0 cup, sliced	3	739
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	107	20
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	117	19
19297	Jams and preserves	20.0	1.0 tbsp	6	15
19719	Jams and preserves, apricot	20.0	1.0 tbsp	8	15
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0	155
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	19	107
19300	Jellies	21.0	1.0 serving 1 tbsp	6	11
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	9	288
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0	13
43497	Jellyfish, dried, salted	58.0	1.0 cup	5620	2
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	6	644
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	9	43
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	754	374
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	18	240
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	12	222
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	215	478

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	10	478
11231	Jute, potherb, raw	28.0	1.0 cup	2	157
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	337	296
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	30	296
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	326	417
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	20	417
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	14	313
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	6	79
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	365	356
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	58	356
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	47	302
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	1	100
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	379	359
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	641	623
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	376	405
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	585	329
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	750	405
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	480	276
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	633	231
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	637	202
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	512	333
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	663	189
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	633	210
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	393	375
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	604	446
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	616	350
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	667	328
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	648	359
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	343	123
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	589	500
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	620	291
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	549	--
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	470	541
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	85	125
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	72	131
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	682	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18980	KASHI, Original Waffle	72.0	2.0 pieces	345	127
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	140.0	0.5 cup	7	487
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	414	482
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	679	--
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	447	452
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	573	490
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	627	549
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	379	--
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	217	113
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	199	232
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	75	72
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	141	177
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	30.0	1.0 cookie	67	65
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	71	82
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	159	253
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	181	45
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	181	56
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	204	234
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	693	659
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	93	26
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	85	39
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	82	76
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	125	52
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	60	55
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	70	44
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	66	46
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	72	86
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	92	22
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	53	31
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	133	35
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	114	8
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	187	30
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	136	21
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	80	30

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	101	20
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	111	43
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	103	58
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	296	107
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	329	27
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	308	117
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	133	64
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	106	29
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	88	44
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	140	55
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	142	52
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	103	57
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	105	51
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	91	52
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	103	34
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	87	31
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	108	56
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	165	74
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	295	114
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	258	26
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	321	30
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	60	32
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	131	23
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	146	13
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	124	24
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	127	16
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	150	20
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	101	39
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	69	22
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	99	51
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	93	47
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	41	29
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	83	60
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	67	51
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	54	35
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	72	72

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	87	56
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	38	53
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	40	86
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	115	112
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	84	73
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	147	89
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	114	78
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	108	73
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	11	6
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	77	89
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	38	37
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	35	1
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	56	14
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	144	15
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	65	41
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	74	57
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	106	59
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	73	54
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	139	12
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	142	40
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	96	38
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	96	27
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	72	56
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	81	47
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	110	0
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	86	32
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	111	--
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	94	36
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	106	26
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	101	15
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	90	2
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	111	31
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	94	38
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	91	36
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	110	27
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	93	22

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28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	124	23
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	90	20
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	112	26
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	42	15
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	101	36
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	301	26
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	123	46
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	149	18
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	161	19
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	145	24
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	142	23
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	140	32
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	128	8
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	141	11
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	218	14
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	228	16
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	186	15
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	180	15
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	132	16
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	130	20
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	134	15
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	122	24
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	135	16
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	140	21
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	76	17
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	158	35
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	121	25
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	120	25
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	93	2
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	113	3
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	18	12
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	18	12
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	204	--
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	223	50
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	196	44
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	84	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	230	6
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	153	0
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	216	38
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	207	24
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	255	67
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	207	66
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	222	276
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	479	50
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	479	52
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	211	56
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	573	64
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	393	79
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	378	60
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	640	236
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	612	246
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	391	46
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	352	53
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	495	59
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	538	63
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	270	30
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	268	39
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	393	108
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	394	98
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	369	106
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	381	97
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	391	113
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	397	110
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	504	52
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	495	69
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	270	49
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	304	51
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	511	54
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	525	54
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	364	50
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	368	63
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	370	52

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28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	482	70
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	242	34
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	410	60
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	275	62
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	368	50
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	121	16
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	112	37
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	51	7
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	191	36
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	164	30
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	199	32
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	164	37
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	230	28
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	298	89
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	194	24
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	172	48
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	167	27
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	196	28
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	216	42
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	167	26
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	167	26
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	166	26
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	216	38
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	192	60
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	180	50
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	196	32
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	187	23
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	188	24
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	194	24
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	445	55
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	225	171
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	228	261
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	229	235
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	225	170

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28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	254	73
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	243	76
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	329	218
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	589	66
21419	KFC, biscuit	49.0	1.0 biscuit	524	56
21420	KFC, Coleslaw	112.0	1.0 package	212	157
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	446	157
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1287	547
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	668	433
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	512	192
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	216	112
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1037	342
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	508	247
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	520	152
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	314	117
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1285	566
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	758	433
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	469	188
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	210	109
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1054	320
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	488	198
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	530	160
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	288	112
21422	KFC, Popcorn Chicken	6.4	1.0 piece	73	18
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	903	260
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3870	1125
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	789	184
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	672	--
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	5	562
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	2	255
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	670	143
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	424	561
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	35	561
11241	Kohlrabi, raw	135.0	1.0 cup	27	472
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	23	70

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	18	65
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	597	104
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	541	79
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	28.0	1.0 serving	611	--
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	273	50
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	444	97
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	420	94
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	429	75
09149	Kumquats, raw	19.0	1.0 fruit without refuse	2	35
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	87	--
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	65	256
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	21	81
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	68	270
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	24	91
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	49	176
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	79	207
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	27	77
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	85	217
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	30	84
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	59	237
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	91	249
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	60	244
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	95	263
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	55	291
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	17	90

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	56	301
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	18	97
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	71	163
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	99	239
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	73	163
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	106	259
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	57	266
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	21	85
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	59	280
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	23	93
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	54	286
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	17	87
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	56	301
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	18	97
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	66	252
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	20	79
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	71	270
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	23	93
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	65	247
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	86	256

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
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	68	262
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	88	271
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	60	263
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	21	84
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	61	277
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	23	93
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	66	281
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	20	86
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	68	289
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	21	93
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	55	194
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	57	201
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	60	193
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	61	196
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	67	248
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	72	272
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	70	239
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	72	250
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	79	215
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	81	238
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	43	152

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	9	32
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	80	268
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	62	228
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	20	80
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	66	244
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	24	92
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	75	251
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	22	74
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	26	84
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	72	245
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	22	76
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	25	87
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	77	262
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	52	196
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	83	351
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	52	196
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	83	355
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	49	165
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	9	23
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	61	264

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	16	65
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	61	270
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	17	68
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	65	292
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	19	79
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	60	221
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	65	285
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	18	81
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)	107	380
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	20	61
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	20	61
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	107	380
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	95	342
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	22	67
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	55	277
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	16	74
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	55	280
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	76
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	56	291
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	17	82
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	58	256
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	16	65
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	58	258

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	67
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	60	283
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	18	81
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	56	266
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	16	71
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	57	271
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	73
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	58	287
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	18	82
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	65	278
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	54	209
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	16	61
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	66	286
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	54	212
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	17	64
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	71	320
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	56	227
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	19	78
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	65	230
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	62	230
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	16	54
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	65	235
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	63	235
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	16	57
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)	125	460
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	69	268
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	20	75
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	61	260

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	65	263
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	55	220
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	17	67
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	61	264
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	17	69
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	55	223
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	66	267
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	65	287
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	70	289
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	57	235
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	20	81
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	64	207
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	70	286
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	56	209
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	18	65
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	64	207
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	71	290
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	57	211
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	18	66
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	67	216
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	75	313
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	58	219
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	20	76

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	64	211
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	66	256
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	56	213
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	17	65
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	63	222
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	70	285
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	56	213
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	18	67
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	67	222
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	71	275
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	58	225
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	20	78
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	69	288
17224	Lamb, ground, raw	28.35	1.0 oz	17	63
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	86	219
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	132	347
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	73	156
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	121	331
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	52	288
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	70	391
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	43	155
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	78	271
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	46	158
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	98	342
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	63	212
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	87	329

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	65	219
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	94	355
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	30	74
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	6	14
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	39	138
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	11	39
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	39	137
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	12	42
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	42	160
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	13	48
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	40	100
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	13	37
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	37	142
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	37	144
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	12	45
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	38	156
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	42	135
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	42	139
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	11	36
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	47	161
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	37	109
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	12	34
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	43	125

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	44	128
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	12	39
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	48	141
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	29	138
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	64	318
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	57	159
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	106	313
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	59	212
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	86	338
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	61	219
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	93	370
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	169	230
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	190	261
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	55	300
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	68	362
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	57	317
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	74	402
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	50	244
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	67	322
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	62	266
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	72	301
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	71	312
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	89	376
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	59	260
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	71	328
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	65	293
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	85	402
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	48	302
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	68	416
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	48	302
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	68	416
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	77	235

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	82	328
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	82	246
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	92	365
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	52	259
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	66	316
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	55	286
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	73	367
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	57	275
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	70	366
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	57	280
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	71	377
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	59	258
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	70	319
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	61	275
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	77	355
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	48	176
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	80	310
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	50	181
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	93	363
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	61	254
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	74	300
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	68	284
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	84	353
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	44	301
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	44	341
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	50	367
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	55	428
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	50	368

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	55	431
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	100	225
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	134	299
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	44	112
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	87	234
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	52	297
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	68	389
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	53	314
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	68	389
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	114	174
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	133	304
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	32	84
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	54	160
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	25	90
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	128	151
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	44	79
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	48	188
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	105	299
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	20	89
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	71	108
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	45	67
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	17	82
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	44	247
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	21	119
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	49	211
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	24	101
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	57	134
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	22	73
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	477	518
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	52	518
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0	11
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	3	696

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
04002	Lard	12.8	1.0 tbsp	--	0
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	465	247
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	559	464
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	459	241
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	639	410
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	739	377
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1010	386
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	537	258
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	713	283
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	488	1
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	363	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	4	505
18372	Leavening agents, baking soda	4.6	1.0 tsp	1259	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	2	495
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	2	38
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	5	102
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	783	188
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	305	108
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	12	108
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	18	160
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0	5
11972	Lemon grass (citronella), raw	67.0	1.0 cup	4	484
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	4	17
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	4	16
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	4	16
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	2	217
09152	Lemon juice, raw	244.0	1.0 cup	2	251
09156	Lemon peel, raw	6.0	1.0 tbsp	0	10
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	1	28
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	3	26
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	1	5
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	--	2
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	4	293
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	471	731
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	4	731
16144	Lentils, pink or red, raw	192.0	1.0 cup	13	1283

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16069	Lentils, raw	192.0	1.0 cup	12	1300
11248	Lentils, sprouted, raw	77.0	1.0 cup	8	248
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	3	131
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	4	116
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	10	70
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	7	102
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	7	52
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	253	667
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	188	724
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	10	707
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	312	353
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	430	969
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	29	969
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	477	740
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	52	740
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	85	741
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	491	517
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	117	517
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	93	765
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	12	729
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	810	530
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	447	955
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	4	955
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	32	3069
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	435	730
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	5	730
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	26	2834
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	39	184
09160	Lime juice, raw	242.0	1.0 cup	5	283
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	1	3
09159	Limes, raw	67.0	1.0 fruit (2" dia)	1	68
09165	Litchis, dried	2.5	1.0 fruit	0	28
09164	Litchis, raw	190.0	1.0 cup	2	325
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	441	163
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	218	85
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	404	151

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	665	224
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	466	160
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	512	180
07040	Liver cheese, pork	28.35	1.0 oz	347	64
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	155	31
07911	Liverwurst spread	55.0	0.25 cup	385	94
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	1	213
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	217	59
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	140	22
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	217	26
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	245	51
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	432	144
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	433	208
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	521	55
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	354	76
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	122	41
09173	Longans, dried	1.7	1.0 fruit	1	11
09172	Longans, raw	3.2	1.0 fruit without refuse	0	9
09174	Loquats, raw	149.0	1.0 cup, cubed	1	396
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	169	218
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	27	218
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	32	450
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	578	258
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	790	229
07045	Luncheon meat, pork, canned	28.35	1.0 oz	365	61
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	580	316
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	272	56
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	100	28
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	398	407
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	7	407
16076	Lupins, mature seeds, raw	180.0	1.0 cup	27	1823
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	343	106
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	476	243
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	1	119
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	869	151

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	192	49
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	737	205
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	714	153
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	669	255
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	397	130
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	858	201
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	550	212
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	8	42
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	36	239
11986	Malabar spinach, cooked	44.0	1.0 cup	24	113
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	4	2
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	127	398
09436	Mango nectar, canned	251.0	1.0 cup	13	60
09176	Mangos, raw	165.0	1.0 cup pieces	2	277
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	14	94
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0	1
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	90	5
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	92	3
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	100	--
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	123	13
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	124	3
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	75	--
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	98	6
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	105	3
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	105	3
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0	3
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0	3
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	93	2
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	92	2
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	4	2
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	44	2

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	121	0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	83	4
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	88	9
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	94	1
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	81	4
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	102	10
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	90	4
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	116	4
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	106	2
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	110	4
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	4	5
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	101	3
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	110	4
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0	3
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	112	4
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	110	4
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	100	4
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0	4
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0	4
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	86	4
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	110	4
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	88	5
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	125	8
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	85	5
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	76	4
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	88	5
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	85	5
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	110	5
19303	Marmalade, orange	20.0	1.0 tbsp	11	7
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	531	87
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	128	14
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	43	35

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	73	2
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	15	1
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	116	10
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	120	5
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	107	10
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	871	--
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	1225	172
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	702	--
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	294	448
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	1110	--
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	153	49
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	255	55
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	1477	557
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	1007	396
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	908	384
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	745	238
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	362	161
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	304	34
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	1835	714
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	1035	335
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	1333	678
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	777	218
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	582	295
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	575	241
21238	McDONALD'S, french fries	71.0	1.0 small serving	134	423
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	86	249
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	54	234
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	469	182
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	307	181
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	146	339
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	168	440
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	253	23
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	533	258
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	625	276
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	929	284
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	36	25

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	817	227
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	766	254
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	188	724
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	253	667
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	440	12
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	502	16
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	734	9
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	534	67
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0	44
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	989	522
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	1199	--
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	1171	--
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	820	456
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	1030	--
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	1000	--
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	730	388
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	1152	436
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	807	230
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	710	236
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	1024	207
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	1082	269
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	811	164
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	995	196
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	797	216
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	944	282
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	1297	291
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	10	191
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	1146	272
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	920	43
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	84	308
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	156	28
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	165	21
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	60	174
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	127	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	70	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16106	Meat extender	88.0	1.0 cup	9	1674
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	566	252
43132	Meatballs, meatless	144.0	1.0 cup	792	259
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	54	484
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	28	473
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	15	309
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	31	388
08510	Milk and cereal bar	25.0	1.0 bar	80	64
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	63	215
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	133	456
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	32	64
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	27	52
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	190	278
01094	Milk, buttermilk, dried	30.0	0.25 cup	155	478
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	466	370
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	257	441
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	257	331
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	49	142
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	37	106
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	33	95
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	33	95
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	267	764
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	110	492
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	165	308
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	165	422
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	150	418
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	162	430
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	646	193
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	373	1159
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	373	1159
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	160	538
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	160	538
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	119	426
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	475	1702
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	252	764
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	139	339

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	139	339
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	107	366
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	128	410
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	15	62
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	5	16
43543	Milk, imitation, non-soy	244.0	1.0 cup	134	366
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	127	434
01089	Milk, low sodium, fluid	244.0	1.0 cup	7	617
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	143	443
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	127	397
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	107	366
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	145	448
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	130	419
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	103	382
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	103	382
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	120	368
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	145	448
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	127	397
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	145	446
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	115	342
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	116	344
01109	Milk, sheep, fluid	245.0	1.0 cup	108	336
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	105	322
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	105	322
20647	Millet flour	119.0	1.0 cup	5	267
20032	Millet, cooked	174.0	1.0 cup	3	108
43483	Millet, puffed	21.0	1.0 cup	1	8
20031	Millet, raw	200.0	1.0 cup	10	390
16112	Miso	17.0	1.0 tbsp	634	36
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	458	--
19304	Molasses	337.0	1.0 cup	125	4934
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	502	241
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	256	212
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	95	534

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	183	127
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	309	277
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	1022	534
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	511	39
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	194	207
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	632	541
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	316	301
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	314	228
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	429	480
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	391	536
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	196	298
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	95	195
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	354	207
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	139	129
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	151	105
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	112	206
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	141	118
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	71	131
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	53	76
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	53	84
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	567	267
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	144	103
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	676	88
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	118	62
90560	Mollusks, snail, raw	85.0	3.0 oz	60	325
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	260	237
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	12	70
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	350	590
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	175	295
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	53	129
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	30	163
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	82	48
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	71	53
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	4	151
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	496	252
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	622	578

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	234	16
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	596	190
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	262	202
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	262	202
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	302	49
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	255	125
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	537	156
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	546	225
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	442	340
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	480	264
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	593	278
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	348	214
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	604	326
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	275	125
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	515	73
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	473	75
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	336	422
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	352	141
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	217	94
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	348	214
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	270	116
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	356	159
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	489	268
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	280	354
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	209	113
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	591	650
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	390	182
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	239	175
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	285	153
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	524	207
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	418	299
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	350	371
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	417	91
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	527	293
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	328	258

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	706	426
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	372	324
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	277	254
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	388	492
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	430	15
07050	Mortadella, beef, pork	28.35	1.0 oz	353	46
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	435	538
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	18	538
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	59	2334
07061	Mother's loaf, pork	28.35	1.0 oz	320	64
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	56	28
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	158	37
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	56	28
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	138	44
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	93	154
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	101	36
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	55	28
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	56	28
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	76	17
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	158	35
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	56	28
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	88	47
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	123	40
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	185	29
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	173	27
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	165	68
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	123	46
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	105	33
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	360	718
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	17	718
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	9	284
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	293	68
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	95	34
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	206	21
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	125	35
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	118	24

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	126	25
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	132	20
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	225	37
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	166	41
18281	Muffins, corn, toaster-type	28.35	1.0 oz	122	26
18283	Muffins, oat bran	28.35	1.0 oz	111	144
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	132	34
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	198	57
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	149	50
09190	Mulberries, raw	140.0	1.0 cup	14	272
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	481	537
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	4	537
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	31	2579
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	305	125
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	12	125
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	11	272
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	6	155
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	437	416
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	13	416
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	79	2035
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	147	39
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	132	28
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	132	22
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	156	25
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	119	27
28274	MURRAY, Honey Graham	31.0	8.0 crackers	148	24
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	106	18
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	89	14
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	162	43
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	194	21
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	138	38
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	59	30
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	86	32
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	94	36
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	125	50
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	132	47

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	92	49
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	83	69
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	95	65
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	22	49
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	53	17
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	131	30
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	133	55
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	112	26
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	109	22
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	143	24
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	54	18
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	23	16
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	90	26
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	92	15
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	26	12
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	120	25
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	4	223
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	5	390
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	5	390
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	663	201
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	5	273
11950	Mushrooms, enoki, raw	5.0	1.0 large	0	18
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	1	143
11240	Mushrooms, morel, raw	66.0	1.0 cup	14	271
11987	Mushrooms, oyster, raw	148.0	1.0 large	27	622
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	13	529
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	8	313
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	13	529
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	8	313
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	348	170
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	6	170
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0	55
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	2	58
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	4	290
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	699	142
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	371	555

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	3	555
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	4	223
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	13	428
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	353	227
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	13	227
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	392	208
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	38	208
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	42	248
11270	Mustard greens, raw	56.0	1.0 cup, chopped	11	215
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	450	513
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	25	513
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	32	674
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	55	8
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	38	116
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	185	50
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	58	21
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	29	4
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	28	18
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	1	22
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	3	273
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	5	240
16113	Natto	175.0	1.0 cup	12	1276
09191	Nectarines, raw	143.0	1.0 cup slices	0	287
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	281	74
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	617	184
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	193	184
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	--	73
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	--	14
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	329	34
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	264	61
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	264	61
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	8	93
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	8	93
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	8	61
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	19	59
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	27	135

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	8	61
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	170	40
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	68	40
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	451	144
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	283	51
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	1049	93
11964	Nopales, cooked, without salt	149.0	1.0 cup	30	291
11963	Nopales, raw	86.0	1.0 cup, sliced	18	221
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	209	400
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0	202
12059	Nuts, acorns, dried	28.35	1.0 oz	0	201
12058	Nuts, acorns, raw	28.35	1.0 oz	0	153
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	36	120
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	1	120
12071	Nuts, almond paste	28.35	1.0 oz	3	89
12061	Nuts, almonds	143.0	1.0 cup, whole	1	1048
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	28	956
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	687	984
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	4	984
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	187	806
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	225	1097
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	532	1097
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	153	190
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	2	1097
12077	Nuts, beechnuts, dried	28.35	1.0 oz	11	288
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	4	876
12084	Nuts, butternuts, dried	120.0	1.0 cup	1	505
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	47	72
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	2	87
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	877	774
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	22	774
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	397	815
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	17	815
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	3	187
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	1	87
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	1	206

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	1	127
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	1	135
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	8	203
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	10	281
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	10	280
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	1	137
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	4	751
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	3	847
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	1	34
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	53	1190
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	4	93
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	5	121
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	7	19
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	1	49
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	10	156
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	10	154
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	15	249
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	242	307
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	244	313
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	10	157
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	16	285
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	29	497
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	29	557
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	36	631
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	252	600
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	26	91
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	143	90
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	476	279
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	4	283
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	2	145
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0	782
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0	187
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0	214
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	1	523
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	466	479
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	5	479

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	7	493
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	149	772
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	341	1114
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	473	949
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	5	842
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	46	179
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	366	847
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	7	847
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	41	202
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	441	783
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	16	783
12142	Nuts, pecans	109.0	1.0 cup, chopped	0	447
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	109	120
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0	120
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	432	431
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	1	431
12145	Nuts, pilinuts, dried	120.0	1.0 cup	4	608
12147	Nuts, pine nuts, dried	135.0	1.0 cup	3	806
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	20	178
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	526	1239
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	7	1239
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1	1261
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	2	654
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	180	129
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	2	516
12156	Nuts, walnuts, glazed	28.0	1.0 oz	125	65
20034	Oat bran, cooked	219.0	1.0 cup	2	201
20033	Oat bran, raw	94.0	1.0 cup	4	532
20132	Oat flour, partially debranned	104.0	1.0 cup	20	386
20038	Oats	156.0	1.0 cup	3	669
09192	Oheloberries, raw	140.0	1.0 cup	1	53
04529	Oil, almond	13.6	1.0 tablespoon	--	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	--	0
04581	Oil, avocado	14.0	1.0 tbsp	--	0
04534	Oil, babassu	13.6	1.0 tbsp	--	0
04582	Oil, canola	14.0	1.0 tbsp	--	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
04501	Oil, cocoa butter	13.6	1.0 tablespoon	--	0
04047	Oil, coconut	13.6	1.0 tbsp	--	0
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0	--
42289	Oil, corn and canola	14.0	1.0 tbsp	--	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	--	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	--	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	--	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	--	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	--	0
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	1	4
04517	Oil, grapeseed	13.6	1.0 tablespoon	--	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	--	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	--	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	--	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	--	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	--	0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	1	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	1	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	--	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	--	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	--	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	1	1
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	1	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	1	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	1	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	1	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	1	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	--	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	--	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	--	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	--	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	--	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	--	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	--	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	--	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	--	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	--	0
04583	Oil, mustard	14.0	1.0 tbsp	--	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	--	0
04588	Oil, oat	13.6	1.0 tbsp	--	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0	0
04055	Oil, palm	13.6	1.0 tbsp	--	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	--	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	--	0
04037	Oil, rice bran	13.6	1.0 tablespoon	--	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	--	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	--	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	--	0
04536	Oil, sheanut	13.6	1.0 tablespoon	--	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	--	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	--	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	--	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	--	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	--	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	--	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	--	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	--	0
04516	Oil, teaseed	13.6	1.0 tablespoon	--	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	--	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	--	0
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0	--
04528	Oil, walnut	13.6	1.0 tbsp	--	0
04038	Oil, wheat germ	4.5	1.0 tsp	--	0
16130	Okara	122.0	1.0 cup	11	260
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	193	108
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	5	108
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	220	169
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	3	169
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	3	200

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11278	Okra, raw	100.0	1.0 cup	7	299
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	1221	835
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	1900	842
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1899	1089
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1097	861
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	875	593
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	270	83
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	42	1
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	110	1
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	62	1
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	1402	440
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	1374	193
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	772	149
36045	ON THE BORDER, refried beans	135.0	1.0 cup	510	571
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	2093	888
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	178	59
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	209	162
11285	Onions, canned, solids and liquids	63.0	1.0 onion	234	70
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	502	349
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	6	349
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	1	81
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	37	16
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	2	16
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	11	118
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	512	212
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	17	212
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	10	135
11282	Onions, raw	160.0	1.0 cup, chopped	6	234
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	16	276
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	12	176
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	10	116
11292	Onions, young green, tops only	6.0	1.0 tbsp	1	10
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	10	458
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	5	443
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	5	443

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	5	443
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	5	443
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	10	393
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	10	393
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	18	1648
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	18	1648
09206	Orange juice, raw	248.0	1.0 cup	2	496
09216	Orange peel, raw	6.0	1.0 tbsp	0	13
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	10	369
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	7	390
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0	326
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0	322
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0	313
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	2	274
09205	Oranges, raw, with peel	170.0	1.0 cup	3	333
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	330	47
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	985	172
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	748	171
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	350	73
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	534	96
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	93	14
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	461	58
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	64	262
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	74	300
05641	Ostrich, ground, raw	109.0	1.0 patty	78	317
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	71	299
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	61	272
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	62	311
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	65	280
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	76	274
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	61	312
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	60	283
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	69	348
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	71	252
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	61	268

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	73	272
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	68	308
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	57	264
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	65	300
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	69	265
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	494	181
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	460	400
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	230	--
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	270	--
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	100	--
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	428	--
06599	PACE, Enchilada Sauce	60.0	0.25 cup	520	--
06600	PACE, Green Taco Sauce	16.0	1.0 serving	100	--
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	300	--
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	210	--
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	220	--
06603	PACE, Picante Sauce	32.0	1.0 serving	250	--
27027	PACE, Pico De Gallo	32.0	1.0 serving	150	--
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	130	--
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	590	--
27028	PACE, Salsa Verde	32.0	1.0 serving	230	65
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	590	--
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	190	100
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	230	--
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	690	--
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	190	--
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	187	39
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	131	26
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	117	39
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	194	90
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	148	41
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	159	61
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	563	99
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	178	50
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	424	54

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	143	56
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	160	35
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	344	46
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	124	37
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	450	102
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	129	192
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	620	140
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	402	126
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	162	79
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	676	161
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	459	139
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	825	184
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	872	245
09229	Papaya nectar, canned	250.0	1.0 cup	12	78
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	4	26
09226	Papayas, raw	145.0	1.0 cup 1" pieces	12	264
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	58	30
11625	Parsley, freeze-dried	0.4	1.0 tbsp	2	25
11297	Parsley, fresh	60.0	1.0 cup chopped	34	332
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	192	286
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	8	286
11298	Parsnips, raw	133.0	1.0 cup slices	13	499
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	15	687
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	15	687
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	66	821
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	1875	417
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	2647	251
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	2449	317
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	2608	391
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	723	481
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	685	484
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	162	55
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	1	55
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	162	55
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	1	55
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	5	203

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	5	203
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	33	229
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	8	31
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	35	348
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	3	21
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	7	42
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	6	34
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	7	105
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0	43
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	3	309
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	5	67
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	47	12
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	42	11
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	5	82
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	11	289
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	7	89
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	10	333
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	5	112
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	5	395
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	576	130
07052	Pastrami, turkey	57.0	2.0 slices	640	197
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	199	89
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	91	18
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	50	12
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	91	18
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	91	18
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	452	77
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	17	100
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	17	100
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	21	217
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	12	183
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	16	241
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	13	209
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	10	320
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	13	243
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	7	242

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	10	1341
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	12	1567
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	5	788
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	5	826
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	11	1594
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	15	325
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	10	206
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0	293
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	57	125
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	156	238
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	5	238
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	117	238
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	32	120
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	136	179
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	5	179
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	194	241
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	134	213
16099	Peanut flour, defatted	60.0	1.0 cup	108	774
16100	Peanut flour, low fat	60.0	1.0 cup	1	815
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	91	254
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	473	113
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	116	180
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	9	926
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	461	1045
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	9	1045
16087	Peanuts, all types, raw	28.35	1.0 oz	5	200
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	637	1141
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	9	1141
16091	Peanuts, spanish, raw	146.0	1.0 cup	32	1086
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1112	881
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	9	881
16093	Peanuts, valencia, raw	146.0	1.0 cup	1	485
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	619	932
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	9	932
16095	Peanuts, virginia, raw	146.0	1.0 cup	15	1007
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	10	32

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	10	32
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0	148
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	13	170
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	5	111
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	13	173
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	10	133
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	10	238
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	13	166
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	5	129
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	8	686
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	8	658
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	11	959
09252	Pears, raw	140.0	1.0 cup, slices	1	162
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	1	141
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	1	171
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	1	178
09413	Pears, raw, red anjou	126.0	1.0 small	1	155
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	10	255
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	663	255
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	243	126
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	189	439
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	55	136
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	530	115
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	491	211
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	67	211
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	42	140
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	6	384
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	--	384
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	386	347
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	8	347
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	6	276
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	4	196
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	478	186
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	594	270
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	2	147
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	11	124

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	229	131
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	577	277
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	382	434
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	5	434
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	258	88
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	58	88
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	145	205
11304	Peas, green, raw	145.0	1.0 cup	7	354
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	30	1621
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	24	457
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	466	710
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	4	710
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	100	4
11230	Pepeao, dried	24.0	1.0 cup	17	170
11976	Pepper, banana, raw	124.0	1.0 cup	16	317
07056	Peppered loaf, pork, beef	100.0	3.52 slices	732	394
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	189	--
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	108	--
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	175	--
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	150	--
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	236	--
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	200	--
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	211	--
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	45	10
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	46	16
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	49	9
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	63	9
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	42	17
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	194	--
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	201	--
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	169	--
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	215	--
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	188	--
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	96	--
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	166	--
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	230	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	249	--
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	113	--
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	113	--
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	112	--
02064	Peppermint, fresh	0.1	2.0 leaves	0	1
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1345	233
11978	Peppers, ancho, dried	17.0	1.0 pepper	7	410
11980	Peppers, chili, green, canned	139.0	1.0 cup	552	157
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	34	692
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	856	137
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	3	153
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	856	137
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	4	145
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	486	38
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0	55
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	2273	262
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	3	223
11982	Peppers, pasilla, dried	7.0	1.0 pepper	6	156
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	10	320
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	1917	204
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	28	19
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	3	224
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1	13
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	324	97
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	5	86
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	4	261
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	20	154
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	1917	204
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	29	20
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	3	224
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	1	13
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	324	97
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	5	97
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	5	86
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	6	314
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	22	205

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	4	394
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	1	273
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	2	270
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0	78
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	28	206
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	60	379
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	45	293
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	34	207
05154	Pheasant, raw, meat only	85.0	3.0 oz	31	223
18338	Phyllo dough	28.35	1.0 oz	137	21
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	395	141
11958	Pickle relish, hamburger	15.0	1.0 tbsp	164	11
11944	Pickle relish, hot dog	15.0	1.0 tbsp	164	12
11945	Pickle relish, sweet	15.0	1.0 tbsp	122	4
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	1291	490
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	283	41
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	6	41
11941	Pickles, cucumber, sour	155.0	1.0 cup	1872	36
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	26	33
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	731	160
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	1	2
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	326	75
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	915	340
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	134	32
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	168	26
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	664	102
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	794	208
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	794	205
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	935	164
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	937	167
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	213	18
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	146	12
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	74	17
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	719	176
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	818	139
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	125	15

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	116	14
19312	Pie fillings, apple, canned	74.0	0.125 can	35	33
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	18	174
19314	Pie fillings, canned, cherry	74.0	0.125 can	13	78
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	10	100
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	57	18
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	75	18
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	60	22
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	82	32
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	68	47
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	81	14
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	52	14
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	70	23
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	54	22
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	319	193
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	130	81
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	93	40
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	58	18
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	95	50
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	262	100
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	78	30
18444	Pie, fried pies, cherry	28.35	1.0 oz	106	18
18319	Pie, fried pies, fruit	28.35	1.0 oz	94	18
18445	Pie, fried pies, lemon	28.35	1.0 oz	106	18
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	49	25
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	69	18
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	72	58
18323	Pie, peach	28.35	1.0 oz	62	35
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	78	28
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	74	38
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	68	47
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	64	53
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	74	36
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	405	645
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	8	645
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	35	2854

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	367	698
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	8	698
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	8	850
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	17	169
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	360	--
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	362	--
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	547	--
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	124	--
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	343	--
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	299	--
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	88	--
11943	Pimento, canned	12.0	1.0 tbsp	2	19
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	5	325
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	5	325
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	8	330
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	2	330
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	6	1020
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	3	265
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	3	264
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	2	224
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	2	304
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	3	265
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	2	312
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	5	245
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	2	180
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	2	178
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	2	206
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	5	178
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	658	166
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	624	168
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	541	132
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	769	199
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	664	191
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	875	296
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	708	192

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	650	190
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	720	268
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	677	156
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	835	228
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	764	211
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	774	178
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	798	251
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	745	240
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	772	202
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	809	256
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	232	57
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	479	241
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	362	123
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	773	243
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	325	139
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	794	299
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	1088	321
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	711	207
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	749	304
09278	Plantains, cooked	200.0	1.0 cup, mashed	10	930
09446	Plantains, green, fried	118.0	1.0 cup	2	569
09277	Plantains, raw	148.0	1.0 cup, sliced	6	739
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	10	857
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	35	170
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	50	232
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	49	235
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	3	388
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	50	234
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	2	314
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	5	774
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	2	796
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	3	1274
09279	Plums, raw	165.0	1.0 cup, sliced	0	259
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	6	586
11349	Poi	240.0	1.0 cup	29	439
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	419	304

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	30	304
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	37	387
07059	Polish sausage, pork	85.0	3.0 oz	745	201
09442	Pomegranate juice, bottled	249.0	1.0 cup	22	533
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	3	205
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	139	68
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	60	31
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	81	31
21415	POPEYES, biscuit	60.0	1.0 biscuit	447	104
21416	POPEYES, Coleslaw	120.0	1.0 package	262	142
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	1048	549
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	694	432
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	447	198
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	210	141
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	945	335
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	499	244
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	449	140
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	130	50
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	498	145
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	528	153
18339	Popovers, dry mix, enriched	28.35	1.0 oz	257	28
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	257	28
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	121	25
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	499	131
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	83	212
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	108	306
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	310	95
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	220	92
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	297	68
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	186	49
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	593	279
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	494	234
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	185	77
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	250	136
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	23	13

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	178	44
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	82	45
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	162	48
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	194	57
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	185	55
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	839	173
10132	Pork, cured, feet, pickled	28.35	1.0 oz	268	4
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	936	207
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	303	56
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	978	212
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	994	174
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	840	197
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	273	62
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	901	205
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	884	195
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1113	238
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	287	60
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1168	246
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	926	188
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1030	284
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1040	286
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1004	266
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	319	88
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	1014	269
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	970	269
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1004	216
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	281	60
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1077	224
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	303	63
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	803	184
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	265	61
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	888	190
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	926	199
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1010	239
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	312	58
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1051	246

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	986	178
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1889	370
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1918	375
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1135	208
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	371	76
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1135	208
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1114	228
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	715	405
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	238	79
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	732	434
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	759	258
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	681	360
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	221	79
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	697	389
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	688	254
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	698	292
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	713	246
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	710	304
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	732	255
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	986	309
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	989	309
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1417	500
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	250	88
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	254	90
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1430	506
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1002	312
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	311	98
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1003	312
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	311	98
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1684	402
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1939	507
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1789	416
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	275	81

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	275	103
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	2100	573
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	764	145
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	393	96
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1589	487
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1757	510
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1495	491
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1786	468
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	275	109
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	308	68
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1317	500
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	702	314
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	614	304
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	719	335
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	209	109
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	575	166
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	721	204
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	688	303
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	231	96
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	704	321
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	240	103
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	724	344
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	632	296
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	740	363
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	646	314
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	360	92
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1798	434
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	1858	442
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	2122	519
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	761	19
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	177	46
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	143	30
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1501	361
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1723	409
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	827	165
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	354	84

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	3	18
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	80	204
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	74	210
10005	Pork, fresh, belly, raw	28.35	1.0 oz	9	52
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	76	533
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	12	72
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	106	182
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	23	54
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	16	90
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	47	303
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	17	103
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	48	290
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	16	95
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	47	293
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	15	98
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	48	320
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	15	109
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	207	448
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	62	308
10219	Pork, fresh, ground, raw	28.35	1.0 oz	16	81
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	104	562
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	21	101
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	68	361
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	65	305
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	69	293
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	71	280
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	71	320
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	76	280
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	81	475

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	13	89
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	86	504
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	16	105
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	59	245
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	62	266
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	54	316
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	55	319
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	59	220
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	63	268
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	72	270
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	60	230
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	65	282
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	75	285
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	49	366
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	65	270
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	66	286
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	57	373
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	58	388
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	62	232
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	47	292
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	80	300
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	47	292
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	64	245
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)	82	520
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	84	321
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	49	308
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	73	311
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	70	293
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	104	464
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	99	440
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	71	298
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	73	314
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)	74	448
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	51	305

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	36	326
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	38	358
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	60	220
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)	62	368
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	71	266
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	61	235
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	48	292
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	75	285
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	34	329
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	53	341
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	42	364
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	35	344
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	55	357
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	44	386
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	77	231
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	81	244
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	41	294
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	42	309
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	99	420
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	72	444
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	71	498
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	97	609
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)	50	248
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)	81	407
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	102	451
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	126	538
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	71	526
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	99	671
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)	48	238
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	57	287
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	48	286
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	50	300

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	54	301
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	54	301
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	49	340
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	73	309
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	49	364
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	76	332
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	48	349
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	55	357
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	48	354
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	56	361
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	48	289
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)	50	299
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	56	338
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	56	347
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	54	377
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	48	356
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	44	334
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	196	479
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	203	441
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	55	383
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	48	358
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	45	339
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	196	482
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	89	352
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	64	518
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	122	534
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	41	317
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	323	622
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)	308	768
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	366	714
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	90	363
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	65	532
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	124	554

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	42	329
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	337	651
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	314	776
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	317	612
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	39	297
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	40	304
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	40	303
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	42	318
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	41	318
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	53	360
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	50	347
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	42	303
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	42	329
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	54	372
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	49	361
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	44	331
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	16	35
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	13	94
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	49	259
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	52	270
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	128	314
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	132	332
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	51	270
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	55	288
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	131	330
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	140	356
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	82	303
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	94	439
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	71	351
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	85	325
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	68	298

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	76	363
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	57	282
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	75	363
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	59	277
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	63	292
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	92	444
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	18	86
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	101	467
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	22	97
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	79	272
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	77	225
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	69	206
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	77	166
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	34	73
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	15	12
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	7	5
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	185	44
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	54	16
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	62	28
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	37	18
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	51	299
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	16	83
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	7	42
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	112	200
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	34	65
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	1	9
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	42	128
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	25	77
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	69	128
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	43	86
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	14	84
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	36	143
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	12	56
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	91	193
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	28	112
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	34	72

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	21	40
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	21	133
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	18	99
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	93	201
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	31	69
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	106	316
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	77	234
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	76	301
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	76	293
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	77	276
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	71	364
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	75	353
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	76	350
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	62	310
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	37	309
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	42	339
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	65	311
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	151	31
10898	Pork, pickled pork hocks	117.0	3.0 oz	1228	55
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	46	309
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	46	321
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	52	411
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	49	382
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	2	494
11413	Potato flour	160.0	1.0 cup	88	1602
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	168	137
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	366	227
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	514	296
22971	Potato salad with egg	125.0	0.5 cup	411	302
11414	Potato salad, home-prepared	250.0	1.0 cup	1322	635
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	936	487
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	601	300
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	545	257
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	1061	970
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	1061	970
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	6	326

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	15	792
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	147	239
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	3	239
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	149	332
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	12	332
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	187	296
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	3	296
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	85	138
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	5	138
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	188	256
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	4	256
11376	Potatoes, canned, drained solids	180.0	1.0 cup	394	412
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	9	412
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	651	615
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	4	319
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	246	363
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	295	363
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	15	265
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	24	334
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	21	220
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	22	240
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	286	312
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	270	325
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	334	264
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	97	114
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	84	106
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	26	306
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	485	612
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	496	610
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	323	324
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	140	240
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	306	270
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	318	280
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	46	630
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	22	744

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	23	299
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	131	422
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	534	899
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	100	915
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	67	676
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	46	659
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	164	3696
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	134	1406
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	--	344
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	697	489
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	361	326
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	540	302
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	634	622
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	666	596
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	699	685
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	552	304
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	682	627
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	16	903
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	190	321
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	5	321
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	9	377
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	493	903
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	146	377
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	421	516
11362	Potatoes, raw, skin	38.0	1.0 skin	4	157
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	36	1630
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	14	341
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	253	382
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	42	1644
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	4	313
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	835	497
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	410	235
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	821	926

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	821	926
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	21	1627
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	12	305
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	255	380
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	280	338
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	287	377
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	639	412
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	85	24
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	91	236
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	116	291
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	91	236
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	1	15
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	1	20
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	471	400
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	471	400
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	--	460
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	489	416
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	480	439
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	480	360
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	480	350
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	530	410
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	360	410
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	360	410
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	360	380
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	480	390
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	480	360
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	471	430
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	480	470
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	470	450
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	470	400
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	480	400
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	420	400
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	480	380
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	530	460
43109	Pretzels, soft	143.0	1.0 large	779	126
25024	Pretzels, soft, unsalted	143.0	1.0 large	360	126

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09287	Prickly pears, raw	149.0	1.0 cup	7	328
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	1	25
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	125	420
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	36	124
09294	Prune juice, canned	256.0	1.0 cup	10	707
09423	Prune puree	36.0	2.0 tbsp	8	307
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	7	529
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	6	988
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	7	1397
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	80	8
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	300	2
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	1994	20
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	1484	15
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	435	193
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	368	142
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	1484	15
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	693	15
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	233	195
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	201	150
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	693	15
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	281	127
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	329	56
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	1753	234
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	403	239
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	417	244
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	474	207
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	131	200
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	139	213
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	43	52
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	174	235
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	1030	95
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	362	194
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	362	190
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	600	117
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	228	223
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	227	220

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	1319	8
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	21	10
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	392	187
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	430	4
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	722	218
19194	Puddings, rice, dry mix	106.0	1.0 package	388	5
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	140	166
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	138	164
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	110	141
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	439	5
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	155	170
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	154	168
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	7	5
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	41	26
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	209	78
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	1427	12
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	406	182
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	559	18
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	204	175
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	218	167
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	664	18
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	40	18
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	189	107
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	71	17
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	72	18
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	1658	759
09295	Pummelo, raw	190.0	1.0 cup, sections	2	410
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	8	142
11416	Pumpkin flowers, raw	33.0	1.0 cup	2	57
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	173	311
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	6	311
11418	Pumpkin leaves, raw	39.0	1.0 cup	4	170
11426	Pumpkin pie mix, canned	270.0	1.0 cup	562	373
11846	Pumpkin, canned, with salt	245.0	1.0 cup	590	505
11424	Pumpkin, canned, without salt	245.0	1.0 cup	12	505
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	581	564

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	2	564
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	324	142
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1	394
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	322	561
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	51	561
11427	Purslane, raw	43.0	1.0 cup	19	212
05159	Quail, breast, meat only, raw	85.0	3.0 oz	47	221
43282	Quail, cooked, total edible	28.35	1.0 oz	15	61
05157	Quail, meat and skin, raw	109.0	1.0 quail	58	235
05158	Quail, meat only, raw	92.0	1.0 quail	47	218
09296	Quinces, raw	92.0	1.0 fruit without refuse	4	181
20137	Quinoa, cooked	185.0	1.0 cup	13	318
20035	Quinoa, uncooked	170.0	1.0 cup	8	957
11952	Radicchio, raw	40.0	1.0 cup, shredded	9	121
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	2	33
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	1184	500
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	366	419
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	19	419
11432	Radishes, oriental, dried	116.0	1.0 cup	322	4053
11430	Radishes, oriental, raw	116.0	1.0 cup slices	24	263
11429	Radishes, raw	116.0	1.0 cup slices	45	270
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	8	140
09297	Raisins, golden seedless	165.0	1.0 cup, packed	20	1231
09299	Raisins, seeded	165.0	1.0 cup, packed	46	1361
09298	Raisins, seedless	165.0	1.0 cup, packed	18	1236
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	16	63
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	8	241
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	2	285
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	1	211
09302	Raspberries, raw	123.0	1.0 cup	1	186
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	5	228
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	445	370
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	741	561
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	741	466
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	3	4
16172	Refried beans, canned, fat-free	231.0	1.0 cup	1012	795

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	881	759
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	328	759
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	1041	832
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	2348	1171
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	2862	1282
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	1878	749
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	417	147
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	530	104
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	2327	1075
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	2428	1317
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	1570	1003
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	3583	1354
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	2637	1116
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	2254	1154
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	1737	1115
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1851	926
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	2673	1057
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	3186	778
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	922	367
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1608	651
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	518	435
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	239	165
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1268	567
36014	Restaurant, family style, french fries	170.0	1.0 serving	607	926
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	2109	265
36039	Restaurant, family style, hash browns	94.0	1.0 cup	440	391
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	491	184
36036	Restaurant, family style, onion rings	259.0	1.0 serving	1792	368
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1901	183
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	563	629
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	470	276
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	1307	833
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	1613	882
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	2130	1165
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1274	953

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	974	714
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	265	86
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	1936	1033
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	3807	549
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	2183	1145
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	300	402
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	765	836
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	293	73
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	730	259
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	392	169
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	--	384
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	468	140
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	520	311
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	460	309
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	672	216
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	822	162
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	1288	342
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	1437	209
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	1519	532
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	556	595
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1430	686
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	612	135
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	2	230
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	3	148
09307	Rhubarb, raw	122.0	1.0 cup, diced	5	351
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	899	119
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	816	103
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	878	135
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	693	86
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	1023	164
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	886	128
08546	Rice and Wheat cereal bar	22.0	1.0 bar	110	31

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1132	418
20060	Rice bran, crude	118.0	1.0 cup	6	1752
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	3	18
20090	Rice flour, brown	158.0	1.0 cup	13	457
20061	Rice flour, white, unenriched	158.0	1.0 cup	0	120
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	680	200
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	650	190
20134	Rice noodles, cooked	176.0	1.0 cup	33	7
20133	Rice noodles, dry	57.0	2.0 oz	104	17
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	8	174
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	9	462
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	2	154
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	8	509
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	6	95
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	3	105
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	9	17
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	13	142
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	3	88
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	4	322
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	3	88
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	4	322
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	10	26
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	7	15
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	604	55
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	604	55
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	2	55
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	9	213
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	9	213
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	2	55
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0	54
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0	54
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	2	168
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	2	168
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0	53

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0	48
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	2	152
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	2	152
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	7	26
07912	Roast beef spread	57.0	1.0 serving .25 cup	413	148
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	79	60
18344	Rolls, dinner, egg	28.35	1.0 oz	160	29
18345	Rolls, dinner, oat bran	28.35	1.0 oz	117	34
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	131	39
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	118	43
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	280	77
28348	Rolls, dinner, sweet	30.0	1.0 roll	76	45
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	147	32
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	146	76
18349	Rolls, french	28.35	1.0 oz	163	32
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	255	58
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	375	114
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	463	59
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	223	120
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	236	92
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	239	136
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	130	45
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	217	54
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	116	22
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	220	82
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	154	31
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	177	75
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	5	545
09311	Roselle, raw	57.0	1.0 cup, without refuse	3	119
02063	Rosemary, fresh	0.7	1.0 tsp	0	5
09428	Rowal, raw	114.0	0.5 cup	5	149
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	20	233
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	180	31
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	56	351
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	305	259

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	8	367
11435	Rutabagas, raw	140.0	1.0 cup, cubes	17	427
20063	Rye flour, dark	128.0	1.0 cup	3	918
20065	Rye flour, light	102.0	1.0 cup	2	228
20064	Rye flour, medium	102.0	1.0 cup	2	381
20062	Rye grain	169.0	1.0 cup	3	862
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	93	63
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	136	16
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	96	13
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	138	33
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	150	8
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	141	1
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	168	20
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	178	4
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	430	16
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	172	4
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	114	1
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	272	8
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	134	11
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0	10
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	136	13
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	129	13
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	134	17
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	5	17
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	92	3
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	92	3
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	130	9
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0	1
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	210	16
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	154	6
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	134	14
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	146	12
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	4	7
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	158	14
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	150	5
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	4	13

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	120	8
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	95	8
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	126	8
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	121	3
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	96	5
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	76	15
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	75	2
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	50	1
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	124	5
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	119	9
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	88	3
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	78	5
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	4	5
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	126	8
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	148	24
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	308	20
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	126	16
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	168	20
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	135	10
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	170	26
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	139	25
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	150	24
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	88	--
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	33	5
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	126	20
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	143	30
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	154	17
07068	Salami, cooked, beef	26.0	1.0 slice	296	49
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	214	39
07070	Salami, cooked, turkey	28.0	1.0 serving	310	60
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	2554	427
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	172	36
07926	Salami, Italian, pork	28.0	1.0 oz	529	95
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	262	106
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	623	1372
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	321	91

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	55	1037
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	328	265
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	368	280
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	27	505
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	340	382
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	22	382
02047	Salt, table	6.0	1.0 tsp	2325	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	94	51
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	152	16
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	150	5
09313	Sapodilla, raw	241.0	1.0 cup, pulp	29	465
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	12	794
06150	Sauce, barbecue	17.0	1.0 tbsp	175	39
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	162	42
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	110	50
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	199	40
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	258	10
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	138	42
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	522	19
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	4	85
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	590	185
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	150	29
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	306	57
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	1413	52
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	258	19
06166	Sauce, homemade, white, medium	250.0	1.0 cup	885	390
06167	Sauce, homemade, white, thick	250.0	1.0 cup	932	372
06165	Sauce, homemade, white, thin	250.0	1.0 cup	820	408
27066	Sauce, horseradish	5.6	1.0 tsp	41	2
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	138	21
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	200	21
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	95	21
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	315	56
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	492	10
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	577	422
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	38	408

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	54	17
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	241	42
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	4	85
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	380	353
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	637	121
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	538	123
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	380	353
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	609	125
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	219	223
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	102	49
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	124	7
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	30	6
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	256	99
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	180	78
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	1179	413
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	560	106
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	130	35
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	200	20
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	690	40
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	640	81
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	80	22
06971	Sauce, worcestershire	17.0	1.0 tbsp	167	136
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	939	241
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	298	65
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	869	207
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	745	339
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	617	252
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	826	286
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	479	163
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	520	110
16107	Sausage, meatless	25.0	1.0 link	222	58
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	847	130
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	644	144
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	653	159
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	577	204
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	774	152

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	420	58
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	358	128
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	513	110
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	141	16
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	463	59
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	450	203
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	402	239
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	620	446
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	702	457
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	522	376
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	547	452
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	588	382
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	629	485
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	559	364
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	608	512
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	546	208
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	520	430
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	597	461
07951	Scrapple, pork	17.0	1.0 cubic inch	82	27
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	415	--
02074	Seasoning mix, dry, sazon, coriander & annatto	1.0	0.25 tsp	170	--
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	411	57
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	1	23
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	217	147
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	132	90
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	7	6
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	23	9
11446	Seaweed, laver, raw	26.0	10.0 sheets	12	93
11667	Seaweed, spirulina, dried	112.0	1.0 cup	1174	1527
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	87	5
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	7	248
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	7	267

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	8	307
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	85	3218
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	9	335
12006	Seeds, chia seeds, dried	28.35	1.0 oz	5	115
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	10	499
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	33	1666
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	37	2012
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	10	530
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	3	84
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	2	360
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	2	438
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0	104
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	9	1044
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	302	930
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	21	930
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	1626	588
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	12	588
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	1	195
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	1	19
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	2	93
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	11	62
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	17	62
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0	64
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	5	69
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	12	120
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	11	113
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	12	120
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	11	115
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	70	555
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	753	520
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	50	520
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	16	674
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	3	135
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	68	1576
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	53	92
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0	92

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	2	43
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	7690	1088
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	4	297
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	838	1088
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	4	1088
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	990	652
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	4	652
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	821	658
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	4	658
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	107	700
20066	Semolina, enriched	167.0	1.0 cup	2	311
20466	Semolina, unenriched	167.0	1.0 cup	2	311
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	257	111
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	11	111
11447	Sesbania flower, raw	3.0	1.0 flower	0	6
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	17	35
11640	Shallots, freeze-dried	0.9	1.0 tbsp	1	15
11677	Shallots, raw	10.0	1.0 tbsp chopped	1	33
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	34	71
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	--	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	--	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	--	0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	--	0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	--	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	--	0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	--	0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	--	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	--	0
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	--	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	--	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	--	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	--	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	--	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	--	0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	--	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	--	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	--	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	1	0
21140	Side dishes, potato salad	95.0	0.333 cup	312	256
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	26	--
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	20	--
16257	SILK Blueberry soy yogurt	170.0	1.0 container	26	--
16247	SILK Chai, soymilk	243.0	1.0 cup	100	299
16237	SILK Chocolate, soymilk	243.0	1.0 cup	100	350
16249	SILK Coffee, soymilk	243.0	1.0 cup	100	321
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	10	--
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	10	--
16258	SILK Key Lime soy yogurt	170.0	1.0 container	26	--
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	100	350
16238	SILK Light Plain, soymilk	243.0	1.0 cup	119	299
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	95	299
16248	SILK Mocha, soymilk	243.0	1.0 cup	100	299
16246	SILK Nog, soymilk	122.0	0.5 cup	74	150
16260	SILK Original Creamer	15.0	1.0 tbsp	10	--
16255	SILK Peach soy yogurt	170.0	1.0 container	26	--
16252	SILK Plain soy yogurt	227.0	1.0 container	30	--
16235	SILK Plain, soymilk	243.0	1.0 cup	119	299
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	95	299
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	95	299
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	119	350
16254	SILK Raspberry soy yogurt	170.0	1.0 container	26	--
16253	SILK Strawberry soy yogurt	170.0	1.0 container	26	--
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	85	299
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	30	--
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	20	--
16236	SILK Vanilla, soymilk	243.0	1.0 cup	95	299
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	141	299
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	371	--
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	391	--
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	260	--
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	419	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	371	--
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	399	--
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	410	--
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	562	328
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	798	194
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	170	169
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	112	178
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	138	56
25046	Snacks, bagel chips, plain	28.35	1.0 oz	66	40
19400	Snacks, banana chips	28.35	1.0 oz	2	152
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	590	169
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	434	73
25059	Snacks, brown rice chips	9.0	1.0 cake	29	26
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	15	68
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	2	23
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	133	280
19419	Snacks, corn cakes	9.0	1.0 cake	44	14
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	3	14
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	216	67
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	216	67
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	144	40
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	13	163
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	290	23
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	269	41
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	263	51
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	254	56
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	170	81
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	66	64
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	78	47
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	9	--
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	200	67
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	120	66
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	132	73
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	114	46
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	67	34
19014	Snacks, fruit leather, rolls	21.0	1.0 large	67	62

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	89	--
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	197	59
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	75	48
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	145	136
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	65	66
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	95	59
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	250	335
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	228	141
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	103	145
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	160	218
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	75	54
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	83	72
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	43	72
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	73	77
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	98	71
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	80	82
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	62	71
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	220	143
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	170	112
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	70	110
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	55	96
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	108	102
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	88	77
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	71	110
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	115	81
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	92	106
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	78	91
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	121	156
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	33	57
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	108	92
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	77	9
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	160	79
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	317	37
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	69	78

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	82	--
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	75	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	62	105
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	117	93
25037	Snacks, pita chips, salted	28.35	1.0 oz	242	37
25027	Snacks, plantain chips, salted	28.35	1.0 oz	57	223
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	1	26
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0	24
19036	Snacks, popcorn, cakes	10.0	1.0 cake	29	33
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	50	101
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	58	31
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	98	29
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0	18
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	162	81
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	153	68
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	60	19
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	75	20
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	97	25
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	756	51
19041	Snacks, pork skins, plain	28.35	1.0 oz	515	36
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	155	336
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	130	433
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	182	462
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	157	329
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	52	365
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	154	94
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	170	108
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	122	264
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	128	215
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	153	141
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	168	361
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	2	361
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	148	335
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	2	361
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	139	494
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	156	377

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	188	245
19415	Snacks, potato sticks	28.35	1.0 oz	179	351
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	161	64
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	71	41
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	486	41
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	82	41
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	352	63
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	58	122
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	10	27
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0	27
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	15	25
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	23	26
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0	26
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	2	26
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	10	28
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	20	26
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0	26
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	29	26
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	422	50
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	8	50
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	239	2
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	23	--
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	10	262
19524	Snacks, taro chips	28.35	1.0 oz	97	214
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	355	171
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	200	112
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	4	77
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	196	63
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	201	61
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	284	77
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	93	52
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	147	73
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	223	62
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	4	56
19059	Snacks, trail mix, regular	150.0	1.0 cup	344	1028
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	15	1028

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	177	946
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	39	946
19061	Snacks, trail mix, tropical	140.0	1.0 cup	133	993
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	70	359
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	101	238
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	84	246
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	2	233
20648	Sorghum flour, whole-grain	121.0	1.0 cup	4	392
20067	Sorghum grain	192.0	1.0 cup	4	697
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	458	387
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	860	--
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	2186	955
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	1092	478
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	972	425
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	874	488
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	928	391
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	63	351
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	815	435
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	429	679
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	618	252
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	861	155
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	893	130
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	936	16
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	917	14
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	636	154
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	864	15
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	624	14
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	493	44
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	893	159
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	942	154
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	816	99
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	793	98
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	1044	336
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	898	--
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	2493	642
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	1203	309

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	28	8
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	800	250
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	858	46
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	1019	341
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	958	153
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	584	339
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	1152	18
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	792	24
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	955	12
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	966	14
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	782	214
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	747	210
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	554	204
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	72	206
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	924	45
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	718	--
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	873	76
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	954	76
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	814	--
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	830	69
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	798	154
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	844	60
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	831	60
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	2696	226
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	561	32
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	429	55
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	456	698
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	888	108
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	1019	179
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	854	152
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	461	--
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	813	43
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	578	100
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	915	--
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	867	172
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	2072	1052

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1013	512
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	828	343
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	1622	620
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	614	414
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	331	838
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	1001	384
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	879	189
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	563	184
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	650	278
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	688	451
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	630	268
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	871	444
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	1007	1749
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	843	174
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1042	360
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	981	173
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	650	123
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	675	310
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	630	124
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	885	62
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	443	337
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	993	--
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	898	273
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	847	88
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	1185	214
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	871	81
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	961	939
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	900	260
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	843	77
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	49	100
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	803	123
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1004	310
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	927	120
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	749	205
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	570	322
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	581	137

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	863	59
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	896	240
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	954	59
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	892	73
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	892	53
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	434	--
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	474	--
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	480	--
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	876	128
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	1319	357
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	691	612
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	635	314
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	612	313
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	527	456
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	722	96
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	891	93
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	974	159
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	969	159
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	635	69
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	602	54
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	796	71
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	888	49
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	1041	235
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	981	48
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	870	186
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	894	376
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	870	184
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	26	184
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	722	305
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	850	401
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	1007	400
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	874	--
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	596	231
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	1503	147
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	1416	145
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	1558	148

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	480	51
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	1082	114
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	866	--
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	984	--
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	833	--
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	475	444
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	343	252
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	363	336
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	928	68
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	383	49
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	667	44
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	1835	442
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	895	215
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	900	419
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	1109	605
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	1047	417
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	819	332
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	788	319
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	558	832
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	27	277
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	519	864
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	461	682
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	943	294
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	82	278
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	815	76
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	906	176
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	923	361
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	890	174
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	755	--
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	852	168
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	1098	--
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	654	42
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	84	369
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	491	549
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	633	193
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	610	190

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	485	546
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	650	215
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	815	207
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	905	71
01180	Sour cream, fat free	12.0	1.0 tablespoon	17	15
01074	Sour cream, imitation, cultured	28.35	1.0 oz	29	46
01179	Sour cream, light	12.0	1.0 tablespoon	10	25
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	8	25
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	6	19
09315	Soursop, raw	225.0	1.0 cup, pulp	32	626
16117	Soy flour, defatted	105.0	1.0 cup	21	2503
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	11	2113
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	10	1735
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	8	1839
16119	Soy meal, defatted, raw	122.0	1.0 cup	4	3038
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	255	128
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	1	624
16122	Soy protein isolate	28.35	1.0 oz	285	23
16422	Soy protein isolate, potassium type	28.35	1.0 oz	14	451
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	1228	80
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	1005	38
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	879	70
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	511	50
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	434	465
43299	Soybean, curd cheese	225.0	1.0 cup	45	448
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	450	970
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	25	970
11450	Soybeans, green, raw	256.0	1.0 cup	38	1587
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	2	886
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	408	886
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	2	1269
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	4	3342
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	7	2528
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	280	2528
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	9	334
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	231	334

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	5	169
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	122	343
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	90	156
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	139	255
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	90	292
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	112	350
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	139	255
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	129	347
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	129	347
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	153	284
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	117	284
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	124	287
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	114	296
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	674	408
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	7	59
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	5	115
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	20	81
20126	Spaghetti, spinach, dry	57.0	2.0 oz	21	214
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	689	534
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	1059	--
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	950	--
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	600	451
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	490	511
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	600	711
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	890	--
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	600	451
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	479	379
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	600	300
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	1091	--
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	600	711
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	600	839
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	691	366
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	760	312
02066	Spearmint, dried	0.5	1.0 tsp	2	10
02065	Spearmint, fresh	0.3	2.0 leaves	0	1

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
20141	Spelt, cooked	194.0	1.0 cup	10	277
20140	Spelt, uncooked	174.0	1.0 cup	14	675
02001	Spices, allspice, ground	1.9	1.0 tsp	1	20
02002	Spices, anise seed	2.1	1.0 tsp, whole	0	30
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	1	18
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0	3
02005	Spices, caraway seed	2.1	1.0 tsp	0	28
02006	Spices, cardamom	2.0	1.0 tsp, ground	0	22
02007	Spices, celery seed	2.0	1.0 tsp	3	28
02008	Spices, chervil, dried	0.6	1.0 tsp	0	28
02009	Spices, chili powder	2.7	1.0 tsp	77	53
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0	11
02011	Spices, cloves, ground	2.1	1.0 tsp	6	21
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	1	27
02013	Spices, coriander seed	1.8	1.0 tsp	1	23
02014	Spices, cumin seed	2.1	1.0 tsp, whole	4	38
02015	Spices, curry powder	2.0	1.0 tsp	1	23
02016	Spices, dill seed	2.1	1.0 tsp	0	25
02017	Spices, dill weed, dried	1.0	1.0 tsp	2	33
02018	Spices, fennel seed	2.0	1.0 tsp, whole	2	34
02019	Spices, fenugreek seed	3.7	1.0 tsp	2	28
02020	Spices, garlic powder	3.1	1.0 tsp	2	37
02021	Spices, ginger, ground	1.8	1.0 tsp	0	24
02022	Spices, mace, ground	1.7	1.0 tsp	1	8
02023	Spices, marjoram, dried	0.6	1.0 tsp	0	9
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0	15
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0	8
02026	Spices, onion powder	2.4	1.0 tsp	2	24
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0	13
02028	Spices, paprika	2.3	1.0 tsp	2	52
02029	Spices, parsley, dried	0.5	1.0 tsp	2	13
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0	31
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	1	36
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0	2
02033	Spices, poppy seed	2.8	1.0 tsp	1	20
02034	Spices, poultry seasoning	1.5	1.0 tsp	0	10

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	1	11
02036	Spices, rosemary, dried	1.2	1.0 tsp	1	11
02037	Spices, saffron	0.7	1.0 tsp	1	12
02038	Spices, sage, ground	0.7	1.0 tsp	0	7
02039	Spices, savory, ground	1.4	1.0 tsp	0	15
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0	18
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	1	8
02043	Spices, turmeric, ground	3.0	1.0 tsp	1	62
11658	Spinach souffle	136.0	1.0 cup	770	314
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	176	538
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	689	740
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	746	538
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	551	839
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	126	839
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	306	287
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	92	287
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	115	540
11457	Spinach, raw	30.0	1.0 cup	24	167
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	420	463
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	480	500
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	56	263
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	46	169
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	128	595
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	427	346
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2	346
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	2	296
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	10	202
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	427	319
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2	319
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	465	486
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	12	486
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	6	272
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	3	282
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	213	126
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	2	336
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	1	237

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	215	238
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	5	475
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	531	433
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	4	433
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	2	207
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	10	324
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	849	622
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	492	896
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	8	896
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	586	644
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	7	644
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	4	486
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	486	494
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	2	494
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	5	406
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	492	582
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	8	582
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	571	319
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	5	319
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	2	240
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	6	493
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	500	734
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	16	734
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	569	505
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	12	505
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	8	371
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	394	181
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	28	181
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	17	109
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0	73
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	142	253
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	185	485
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	148	603
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	102	195
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	4	297
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	10	218

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	8	250
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	3	250
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	4	327
09316	Strawberries, raw	152.0	1.0 cup, halves	2	233
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	8	1
18354	Strudel, apple	28.35	1.0 oz	38	42
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	524	275
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	729	675
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	1127	553
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	913	575
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	531	392
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	625	357
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	892	368
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	720	549
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	695	650
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	780	419
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	583	466
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	652	487
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	564	416
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	486	787
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	33	787
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	478	450
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	76	450
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	70	460
19908	Sugar, turbinado	4.6	1.0 tsp	0	1
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	22	618
19334	Sugars, brown	3.0	1.0 tsp unpacked	1	4
19335	Sugars, granulated	2.8	1.0 serving packet	0	0
19340	Sugars, maple	3.0	1.0 tsp	0	8
19336	Sugars, powdered	120.0	1.0 cup unsifted	--	2
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	281	8
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	173	25
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	229	31
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	189	31

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	226	29
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	244	34
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	228	29
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	247	52
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	260	33
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	269	30
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	296	35
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	250	31
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	178	32
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	226	29
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	261	31
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	260	43
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	247	35
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	184	34
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	332	23
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	286	34
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	237	36
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	202	32
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	230	30
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	230	22
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	85.0	0.167 box (NLEA serving size)	840	--
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	125.0	1.0 serving	650	--
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	103.0	0.167 box (NLEA serving)	763	--
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	780	--
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	94.0	1.0 serving (NLEA serving)	780	--
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	85.0	1.0 serving	784	--
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	81.0	0.167 box (NLEA serving)	600	--
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	84.0	1.0 serving 1/6 box	738	--
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	120	278
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	351	278
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	63	175
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	550	--
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	1371	--
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	990	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	159	200
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	4	200
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	2	178
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	212	211
11514	Sweet potato, canned, mashed	255.0	1.0 cup	191	536
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	76	378
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	66	422
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	135	796
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	280	542
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	72	950
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	89	754
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	863	754
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	125	187
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	429	664
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	14	664
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	11	642
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	73	448
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	182	207
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	74	209
18355	Sweet rolls, cheese	28.35	1.0 oz	101	39
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	86	31
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	217	16
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	236	18
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	--	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	--	0
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	1	17
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	--	0
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	3	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	24	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	4	0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0	0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	637	159
90480	Syrup, Cane	21.0	1.0 serving	12	13
19030	Syrup, fruit flavored	20.0	1.0 serving	0	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	7	180
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	30	24
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	1052	863
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	35	65
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	120	136
19349	Syrups, corn, dark	328.0	1.0 cup	508	144
19351	Syrups, corn, high-fructose	310.0	1.0 cup	6	0
19350	Syrups, corn, light	341.0	1.0 cup	211	3
42040	Syrups, grenadine	20.0	1.0 tbsp	5	6
19352	Syrups, malt	332.0	1.0 cup	116	1062
19353	Syrups, maple	20.0	1.0 tbsp	2	42
19355	Syrups, sorghum	330.0	1.0 cup	26	3300
43026	Syrups, sugar free	240.0	1.0 cup	504	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	328	167
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	224	199
19129	Syrups, table blends, pancake	314.0	1.0 cup	257	47
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	130	2
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	12	1
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	192	69
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	210	2
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1771	693
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	325	123
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	408	667
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	753	1111
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	2118	214
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	258	34
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	694	127
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	1042	483
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	1087	492
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1399	655
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1324	565
21268	TACO BELL, Nachos	80.0	1.0 serving	250	290
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	773	662
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	274	144
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	571	164
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	601	213

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	700	232
21270	TACO BELL, Taco Salad	533.0	1.0 item	1935	1221
18360	Taco shells, baked	12.9	1.0 shell	42	30
18448	Taco shells, baked, without added salt	28.35	1.0 oz	4	51
35147	Tamales (Navajo)	186.0	1.0 piece	794	244
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	337	282
09437	Tamarind nectar, canned	251.0	1.0 cup	18	68
09322	Tamarinds, raw	120.0	1.0 cup, pulp	34	754
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	2	443
09221	Tangerine juice, raw	247.0	1.0 cup	2	440
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	12	331
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	9	257
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	15	197
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	4	324
20068	Tapioca, pearl, dry	152.0	1.0 cup	2	17
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	192	73
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	190	65
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	3	667
11520	Taro leaves, raw	28.0	1.0 cup	1	181
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	3	482
11522	Taro shoots, raw	43.0	0.5 cup slices	0	143
11878	Taro, cooked, with salt	132.0	1.0 cup slices	331	639
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	20	639
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	345	667
11518	Taro, raw	104.0	1.0 cup, sliced	11	615
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	333	482
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	397	854
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	74	854
11525	Taro, tahitian, raw	125.0	1.0 cup slices	62	758
20143	Teff, cooked	252.0	1.0 cup	20	270
20142	Teff, uncooked	193.0	1.0 cup	23	824
16114	Tempeh	166.0	1.0 cup	15	684
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	728	146
02049	Thyme, fresh	0.8	1.0 tsp	0	5
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	102	30
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	95	29

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	165	46
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	181	41
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	190	66
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	178	59
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	207	49
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	190	68
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	166	49
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	172	33
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	166	49
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	227	87
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	166	44
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	172	28
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	164	27
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	213	65
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	185	48
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	7	26
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	18	57
43476	Tofu yogurt	262.0	1.0 cup	92	123
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	1	3
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	1	3
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	4	118
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	15	186
16129	Tofu, fried	28.35	1.0 oz	5	41
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	2	19
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	2	178
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	18	299
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	9	150
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	316	8
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	316	8
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")	10	144
11954	Tomatillos, raw	34.0	1.0 medium	0	91
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	140	467
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	615	527

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	24	527
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	39	669
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	505	1098
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	70	1098
11549	Tomato products, canned, sauce	245.0	1.0 cup	1161	728
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	1152	900
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	662	434
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	1107	931
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	1350	1012
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	920	995
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	37	910
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	27	728
11693	Tomatoes, crushed, canned	121.0	0.5 cup	225	355
11527	Tomatoes, green, raw	180.0	1.0 cup	23	367
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	66	335
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	276	458
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	24	458
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	564	528
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	966	258
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	26	523
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	460	249
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	593	523
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	7	353
11955	Tomatoes, sun-dried	54.0	1.0 cup	58	1851
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	293	1722
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	32	359
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	140	27
19365	Toppings, marshmallow cream	28.35	1.0 oz	23	1
19367	Toppings, nuts in syrup	328.0	1.0 cup	138	495
19366	Toppings, pineapple	340.0	1.0 cup	143	146
19137	Toppings, strawberry	42.0	2.0 tbsp	9	21
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	329	72
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	147	77
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	88	58
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	378	75
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	950	207

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	13	53
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	3	44
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	353	60
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	364	65
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	136	37
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	210	107
18952	Tostada shells, corn	12.3	1.0 piece	81	29
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	75	2
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	--	4
20069	Triticale	192.0	1.0 cup	10	637
20070	Triticale flour, whole-grain	130.0	1.0 cup	3	606
05286	Turkey and gravy, frozen	85.0	3.0 oz	471	52
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	1141	438
07973	Turkey bacon, microwaved	8.1	1.0 slice	164	54
07254	Turkey bacon, unprepared	14.0	1.0 serving	150	49
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	216	59
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	337	211
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	144	59
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	105	192
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	86	211
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	89	190
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	201	212
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	222	251
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	202	212
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	235	276
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	96	206
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	209	97
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	66	38
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	1432	413
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	1390	--
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	576	306
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	379	170
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	338	149
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	923	265
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	536	166

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	371	205
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	102	364
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	71	323
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	86	402
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	55	199
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	78	287
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	84	212
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	15	64
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	18	79
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	141	258
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	179	211
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	201	214
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	88	193
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	190	258
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	202	212
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	129	276
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	84	212
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	235	276
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	202	212
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	325	--
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	699	302
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	89	194
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	175	197
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	184	230
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	190	258
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	32	59
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	171	193
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	241	88
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	96	206
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	84	212
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	190	258
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	171	193
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	209	59
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	88	193
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	56	212

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	57	87
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	93	117
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	28	41
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	31	43
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")	279	83
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	847	238
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	52	81
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	102	167
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	109	393
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	677	207
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	97	248
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	61	210
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	107	188
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	984	2563
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	63	227
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	156	224
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	1452	2775
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	95	216
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	73	177
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	31	72
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	74	187
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	86	232
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	64	203
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	88	252
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	64	229
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	90	183
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	57	163
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	88	176
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	19	62
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	99	206
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	39	30
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	18	35
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	66	75
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	30	64
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	22	26
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1255	886

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	105	192
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	88	193
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	142	192
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	171	193
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	576	168
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	111	168
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	116	168
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	88	203
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	95	190
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	153	179
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	190	206
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	86	203
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	100	200
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	165	201
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	62	67
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	96	206
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	84	212
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	175	206
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	202	212
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	189	51
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	14	48
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	416	352
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	31	352
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	17	78
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	42	203
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	324	165
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	382	292
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	42	292
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	206	184
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	25	367
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	10	151
11568	Turnip greens, raw	55.0	1.0 cup, chopped	22	163
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	446	211
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	25	276
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	424	284

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	56	284
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	24	129
11564	Turnips, raw	130.0	1.0 cup, cubes	87	248
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	759	227
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	351	212
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	480	225
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	480	149
93600	Turtle, green, raw	85.0	3.0 oz	58	196
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	255	58
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	144	30
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	128	31
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	223	120
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	366	255
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	--	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	--	0
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	45	221
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	47	250
13166	USDA Commodity, beef, canned	45.0	1.0 serving	84	102
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	27	94
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	48	209
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	42	149
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	63	229
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	819	105
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	75	27
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	346	227
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	339	204
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	369	135
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	152	189
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	142	65
10158	USDA Commodity, pork, canned	85.0	3.0 oz	181	207
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	327	80
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	343	77
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	22	88
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	66	336
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	153	68
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	49	47

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	47	46
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	258	72
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	537	252
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	159	61
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	239	57
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	61	21
02050	Vanilla extract	4.2	1.0 tsp	0	6
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0	4
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0	0
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	65	--
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	71	--
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	12	--
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	92	--
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	95	--
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	81	--
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	83	--
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	54	226
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	56	236
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	14	51
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	55	231
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	20	81
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	58	246
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	48	147
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	7	30
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	74	276
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	23	89
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	76	287
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	24	93
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	79	291
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	24	94
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	76	171
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	76	174
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	71	286
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	124	208
17142	Veal, ground, raw	85.0	3.0 oz	88	168
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	57	326

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	386	315
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	65	361
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	58	331
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	18	104
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	57	329
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	387	326
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	65	376
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	58	334
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	18	105
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	75	275
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	73	232
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	73	195
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	72	203
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	68	238
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	79	276
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	83	205
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	71	252
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	82	289
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	84	221
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	81	260
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	78	251
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	25	82
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	84	270
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	82	264
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	27	87
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	79	259
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	24	89
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	80	263
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	24	90
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	91	138
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	93	139
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	74	283
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	76	296
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	24	93
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	76	295
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	77	303

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	24	96
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	94	200
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	77	168
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	96	208
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	78	173
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	83	252
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	85	260
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	86	259
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	87	264
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	81	263
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	82	274
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	26	86
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	82	271
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	82	278
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	26	88
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	67	273
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	71	298
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	22	93
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	69	288
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	72	310
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	23	99
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	133	182
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	150	401
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	36	89
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	49	169
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	22	74
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	94	135
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	50	77
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	62	263
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	57	237
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	22	87
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	48	121
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	31	78
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	58	236
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	19	79
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	49	183

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	27	103
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	50	370
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	19	138
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	54	138
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	23	77
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	428	468
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	140	518
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	40	603
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	--	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	76	1
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	35	477
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	47	251
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	349	474
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	549	338
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	247	154
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	32	154
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	45	201
43134	Vegetarian fillets	85.0	1.0 fillet	416	510
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	308	101
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	398	233
43114	Vermicelli, made from soy	140.0	1.0 cup	6	4
02069	Vinegar, balsamic	16.0	1.0 tbsp	4	18
02048	Vinegar, cider	14.9	1.0 tbsp	1	11
02053	Vinegar, distilled	14.9	1.0 tbsp	--	0
02068	Vinegar, red wine	14.9	1.0 tbsp	1	6
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	21	--
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	18	--
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	2	--
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	72	--
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	24	--
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	3	--
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	6	--
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	3	--
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	27	--
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	3	--
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	3	--

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	2	--
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	5	--
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	119	199
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	160	379
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	160	318
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	232	38
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	199	39
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	218	47
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	242	49
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	370	52
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	227	56
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	207	41
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	181	35
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	145	45
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	390	115
27064	Wasabi	20.0	1.0 tablespoon	678	36
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	22	738
14555	Water, bottled, generic	29.6	1.0 fl oz	1	0
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	0	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	4	1
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	16	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	9	362
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	6	83
11591	Watercress, raw	34.0	1.0 cup, chopped	14	112
09326	Watermelon, raw	154.0	1.0 cup, balls	2	172
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	600	9
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	187	9
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	147	8
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	713	233
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	481	170
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	1308	663
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	861	425
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1123	441
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1017	447
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	696	377
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	155	444

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure	Potassium, K(mg) Per Measure
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	111	209