USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Phosphorus, P (mg)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: September 16, 2016 02:20 EDT

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
09427	Abiyuch, raw	114.0	0.5 cup	54
09002	Acerola juice, raw	242.0	1.0 cup	22
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	11
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	4
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	3
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	43
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	2
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	4
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	4
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	2
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	1
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	1
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	1
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	1
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	1
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	1
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	1
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	16
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	2
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	2
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	23
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	12
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	2
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	2
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	3

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	2
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	2
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	2
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	1
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	1
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	3
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	3
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	4
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	30
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	7
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	7
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	5
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	5
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	10
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	5
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	23
20002	Amaranth grain, cooked	246.0	1.0 cup	364
20001	Amaranth grain, uncooked	193.0	1.0 cup	1075
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	95
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	95
11003	Amaranth leaves, raw	28.0	1.0 cup	14
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	88
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	17
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	16
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	17
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	17
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	17
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	53
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	53
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	317
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	623
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	107
36019	APPLEBEE'S, chili	136.0	1.0 cup	141
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	17
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	315

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36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	558
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	585
36002	APPLEBEE'S, french fries	164.0	1.0 serving	225
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	129
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	98
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	12
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	10
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	23
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	33
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	22
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	23
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	33
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	16
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	14
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	14
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	12
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	11
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	13
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	13
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	14
09004	Apples, raw, without skin	110.0	1.0 cup slices	12
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	14
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	14
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	18
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	15
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	12
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	12
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	23
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	23
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	37
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	30
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	31
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	34
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	28
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	49
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	33

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09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	32
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	36
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	154
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	187
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	103
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	62
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	92
09035	Apricots, frozen, sweetened	242.0	1.0 cup	46
09021	Apricots, raw	155.0	1.0 cup, halves	36
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	298
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	24
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	24
11005	Arrowhead, raw	25.0	1.0 large	44
20003	Arrowroot flour	128.0	1.0 cup	6
11697	Arrowroot, raw	120.0	1.0 cup, sliced	118
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	88
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	88
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	102
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	102
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	49
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	115
11959	Arugula, raw	2.0	1.0 leaf	1
11015	Asparagus, canned, drained solids	242.0	1.0 cup	104
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	46
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	46
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	49
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	49
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	88
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	88
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	37
11011	Asparagus, raw	134.0	1.0 cup	70
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	68
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	71
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	54
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	76
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	45

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18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	54
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	46
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	71
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	68
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	46
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	43
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	78
09038	Avocados, raw, California	230.0	1.0 cup, pureed	124
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	92
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	5
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	2
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	2
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	5
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	4
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	10
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	12
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	1
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	20
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	3
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	20
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	3
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	7
42316	Babyfood, carrots, toddler	28.35	1.0 oz	6
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	8
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	31
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	10
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	14
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	50
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	13
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	47
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	8
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	33
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	8
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	8
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	9
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	31

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03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	52
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	16
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	45
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	12
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	12
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	40
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	31
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	18
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	56
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	38
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	7
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	35
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	2
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	10
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	31
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	51
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	30
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	11
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	11
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	13
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	2
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	15
03213	Babyfood, cookies	28.35	1.0 oz	51
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	33
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	8
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	1
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	5
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	4
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	16
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	2
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	2
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	126
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	103
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	2
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	1
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	1

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03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	1
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	8
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	5
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	1
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	1
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	1
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	1
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	4
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	2
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	9
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	10
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	11
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	5
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	6
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	12
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	27
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	17
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	7
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	3
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	13
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	7
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	27
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	8
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	17
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	24
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	7
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	6
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	8
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	30
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	7
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	56
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	31
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	6
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	13
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	4
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	6

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03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	5
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	18
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	72
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	84
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	84
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	82
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	8
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	8
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	84
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	84
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	14
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	125
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	8
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	7
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	82
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	113
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	120
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	9
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	9
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	59
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	47
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	19
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	1
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	2
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	2
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	2
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	2
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	2
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	1
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	2
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	2
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	2
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	2
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	2
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	1
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	2
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	2
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	34
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	1
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	1
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	3
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	1
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	1
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	2
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	1
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	3
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	3
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	2
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	1
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	2
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	2
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	1
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	1
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	4
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	4
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	3
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	8
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	6
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	3
03166	Babyfood, juice, apple	31.7	1.0 fl oz	2
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	4
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	2
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	2
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	1
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	1
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	5
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	15
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	4
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	3

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	2
03172	Babyfood, juice, orange	31.2	1.0 fl oz	3
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	2
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	2
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	4
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	4
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	3
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	6
43408	Babyfood, juice, pear	31.2	1.0 fl oz	4
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	3
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	92
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	41
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	66
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	26
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	14
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	12
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	14
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	15
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	25
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	12
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	26
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	23
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	10
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	27
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	12
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	22
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	18
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	16
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	19
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	3
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	23
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	5
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	4
42279	Babyfood, peas and brown rice	230.0	1.0 cup	120
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	19
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	9

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	37
03215	Babyfood, pretzels	28.35	1.0 oz	31
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	4
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	9
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	11
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	2
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	73
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	27
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	76
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	40
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	69
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	31
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	45
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	45
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	79
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	37
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	8
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	46
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	98
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	25
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	6
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	8
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	130
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	3
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	3
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	54
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	54
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	29
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	14
07921	Bacon and beef sticks	28.0	1.0 oz	40
43212	Bacon bits, meatless	7.0	1.0 tbsp	15
16104	Bacon, meatless	144.0	1.0 cup	101
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	47
07974	Bacon, turkey, low sodium	15.0	1.0 serving	22
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	26

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	20
18003	Bagels, egg	28.35	1.0 oz	24
28322	Bagels, multigrain	81.0	1.0 piece bagel	152
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	29
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	98
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	22
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	27
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	27
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	27
18968	Bagels, wheat	98.0	1.0 bagel	139
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	62
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	28
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	96
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	116
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	45
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	45
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	4
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	45
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	45
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	29
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	33
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	24
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	24
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	89
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	74
09040	Bananas, raw	225.0	1.0 cup, mashed	50
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	97
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	15
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	37
20130	Barley flour or meal	148.0	1.0 cup	438
20131	Barley malt flour	162.0	1.0 cup	491
20004	Barley, hulled	184.0	1.0 cup	486
20006	Barley, pearled, cooked	157.0	1.0 cup	85
20005	Barley, pearled, raw	200.0	1.0 cup	442
02044	Basil, fresh	2.5	5.0 leaves	1
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	386

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	219
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	386
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	751
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	263
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	188
16007	Beans, baked, canned, with beef	266.0	1.0 cup	215
16008	Beans, baked, canned, with franks	259.0	1.0 cup	269
16009	Beans, baked, canned, with pork	253.0	1.0 cup	273
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	219
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	285
16005	Beans, baked, home prepared	253.0	1.0 cup	276
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	259
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	281
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	281
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	810
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	259
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	241
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	241
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	683
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	390
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	224
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	239
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	239
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	725
11973	Beans, fava, in pod, raw	126.0	1.0 cup	163
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	181
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	181
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	559
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	356
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	356
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	292
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	292
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	818
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	230
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	251
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	244

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	749
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	242
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	242
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	745
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	68
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	322
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	186
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	271
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	271
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	251
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	251
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	747
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	251
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	251
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	747
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	211
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	40
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	351
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	262
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	262
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	847
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	104
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	279
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	279
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	872
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	280
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	94
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	94
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	110
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	162
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	221
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	221
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	251
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	251
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	793
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	74

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	303
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	303
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	957
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	18
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	31
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	23
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	30
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	43
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	36
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	36
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	47
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	39
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	39
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	39
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	57
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	38
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	29
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	23
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	29
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	23
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	49
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	49
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	39
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	42
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	42
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	38
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	238
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	202
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	202
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	608
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	324
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	324
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	956
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	26
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	26
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	167

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	175
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	180
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	61
07954	Beef sausage, pre-cooked	48.0	1.0 serving	89
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	82
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	113
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)	1144
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	161
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	161
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	156
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	180
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	165
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	168
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	172
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	164
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	189
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	173
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	189
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	178
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	180
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	175
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	190
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	185
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	170
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	162
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	177
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	149
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	140
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	145
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	141
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	153
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	139
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	174
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	168
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	182
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	58

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	57
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	57
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	58
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	59
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	57
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	159
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	165
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	47
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	192
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	184
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	176
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	50
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	57
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	205
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	44
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	44
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	146
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	149
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	144
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	150
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	154
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	146
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	173
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	164
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	170
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	166
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	180
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	161
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	159

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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	161
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	161
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	158
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	157
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	159
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	178
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	173
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	179
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	171
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	178
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	170
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	164
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	152
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	163
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	152
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	163
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	156
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	194
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	172
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	193
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	171
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	192
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	178
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	194
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	181
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	190
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	184
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	201

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	178
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	148
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	151
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	156
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	49
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	155
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	48
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	156
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	50
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	172
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	176
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	60
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	58
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	60
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	57
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	61
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	58
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)	482
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	172
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	46
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	168
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	45
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	175
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	46
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	200
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	180
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	178
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	183
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	189
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	190
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	189
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	183
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	54
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	198

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	324
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	190
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	324
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	195
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	324
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	183
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	337
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	191
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	338
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	196
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	337
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	184
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	193
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	199
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	184
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	193
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	199
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	184
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	144
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	140
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	143
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	142
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	153
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	138
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	171
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	157
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	170
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	159
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	178
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	154
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	72
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	80

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	68
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	80
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	76
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	96
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)	197
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	183
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)	190
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	180
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	446
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	188
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)	173
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	156
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)	169
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	151
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)	179
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	168
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	182
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	183
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	180
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	184
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	185
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	184
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	172
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	151

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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	173
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	150
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	168
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	154
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	174
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	154
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	176
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	153
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	172
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	158
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	156
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	154
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	160
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	172
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	170
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	175
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	147
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	148
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	145
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	175
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	176
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	173

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	154
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	156
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	150
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	176
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	178
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	172
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	190
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	221
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	189
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	221
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	196
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	225
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	153
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	198
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	149
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	195
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	148
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	192
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	201
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	230
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	200
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	235
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	201
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	234
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	228
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	165
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	220
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	163
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	226
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	132
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	80
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	68
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	106
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	33
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	31

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13350	Beef, cured, dried	28.0	10.0 slices	51
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	39
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	124
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	45
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	51
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	178
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	166
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	218
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	171
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	55
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	187
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	167
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	184
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	172
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	227
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	179
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	58
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	192
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	172
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	149
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	180
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	172
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	141
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	165
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	157
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	149
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	182
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	146
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	161
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	169
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	164
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	192
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	152
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	174
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	179
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	202

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	158
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	168
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	179
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	145
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	212
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	164
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	172
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	184
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	208
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	219
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	167
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	174
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	217
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	187
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	224
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	169
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	175
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	189
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	224
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	227
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	172
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	177
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	229
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	190
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	148
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	181
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	179
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	225
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	216
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	179
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	214
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	177
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	219
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	186

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	217
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	183
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	215
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	180
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	189
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	220
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	218
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	180
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	219
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	178
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	218
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	186
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	242
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	183
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	273
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	180
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	225
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	189
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	225
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	170
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	223
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	168
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	233
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	173
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	234
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	176
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	228
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	174
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	235
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	178
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	184
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	160

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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	180
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	159
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	190
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	162
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	195
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	176
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	192
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	174
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	201
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	178
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	173
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	141
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	181
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	161
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	192
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	163
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	196
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	162
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	184
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	176
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	197
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	187
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	198
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	175
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	204
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	181
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	310
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	316
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	301

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	207
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	208
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	228
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	189
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	189
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	187
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	133
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	209
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	140
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	217
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	80
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	135
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	96
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	169
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	134
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	204
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	142
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	215
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	127
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	193
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	133
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	166
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	184
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	178
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	198
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	188
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	214
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	189
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	217
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	118
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	193
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	120
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	198
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	131
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	192

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	135
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	198
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	128
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	192
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	132
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	201
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	224
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	64
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	77
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	197
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	110
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	206
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	122
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	173
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	122
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	179
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	173
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	208
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	215
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	215
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	216
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	216
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	163
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	173
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	184
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	200
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	56
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	58
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	303
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	374
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	219
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	229
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	220
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	231
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	337
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	225

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	236
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	287
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	264
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	409
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	133
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	170
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	143
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	180
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	143
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	123
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	140
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	122
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	147
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	127
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	145
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	128
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	143
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	128
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	150
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	131
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	157
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	121
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	155
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	119
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	164
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	125
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	160
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	126
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	157
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	125
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	167
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	130
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	196
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	201
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	182

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	188
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	18
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	17
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	129
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	130
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	127
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	147
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	148
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	144
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	132
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	129
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	136
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	151
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	149
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	156
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	133
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	133
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	132
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	156
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	156
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	157
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	139
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	116
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	135
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	113
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	144
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	122
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	150
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	133
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	148
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	130
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	154
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	136
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	129
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	127
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	133

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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	150
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	148
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	154
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	109
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	111
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	105
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	129
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	133
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	126
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	112
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	109
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	116
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	133
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	130
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	136
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	180
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	190
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	133
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	139
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	102
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	136
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	104
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	143
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	99
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	159
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	122
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	159
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	124
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	160
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	117
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	206
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	171
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	48
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	193
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	56
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	146

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	150
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	155
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	147
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	43
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	149
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	144
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	43
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	139
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	146
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	42
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	155
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	150
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	44
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	178
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	178
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	178
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	138
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	39
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)	284
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	54
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	180
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	156
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	156
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	171
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	156
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	50
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	156
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	154
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	49
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	151
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	151
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	45
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	186
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	157
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	153

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	198
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	177
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	177
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	67
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	58
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	58
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	72
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	59
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	62
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	152
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	150
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	44
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	151
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	150
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	44
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	144
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	149
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	43
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	155
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	153
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	45
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	192
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	192
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	198
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	187
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	178
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	186
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	178
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	186
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	190
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	354
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	360
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	312
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	216
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	199
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	201

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	52
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	156
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	145
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	138
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	152
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	139
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	135
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	144
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	150
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	146
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	50
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	61
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	49
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	61
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	62
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	177
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	169
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	184
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	173
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	56
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	169
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	56
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	177
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	171
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	182
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	178
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	189
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	62
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	61
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	63
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	237
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	188
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	237
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	187
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	238

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	188
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	239
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	189
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	238
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	188
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	239
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	189
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	187
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	243
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	187
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	243
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	244
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	188
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	245
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	189
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	245
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	188
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	246
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	189
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	148
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	59
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	145
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	58
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	150
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	59
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	53
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	62
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	53
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	63
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	53
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	62
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	204
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	56
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	204

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	56
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	218
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	218
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	360
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	183
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	202
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	182
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	207
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	184
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	186
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)	203
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	183
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	333
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	181
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)	208
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)	198
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	179
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)	197
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	178
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)	201
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	184
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	141
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	165
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	139
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	162
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	144
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	167
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	196
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	195
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	197
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	148
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	168
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	148

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	170
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	150
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	173
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	55
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	54
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	55
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	230
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	186
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	230
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	186
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	229
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	185
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	231
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	187
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	231
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	188
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	230
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	187
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	259
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	186
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	259
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	187
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	258
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	186
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	260
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	187
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	261
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	188
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	259
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	187
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	164
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	190
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	190
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	190
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	183
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	182

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	233
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	60
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	184
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	192
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	192
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	243
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	60
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	159
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	60
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	207
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	168
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	61
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	58
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	189
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	58
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	63
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	59
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	64
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	113
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	224
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	58
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	164
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	165
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	162
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	177
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	157
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	176
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	160
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	180
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	152
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	190
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	179
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	179
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	179
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	175

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	190
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	178
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	193
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	170
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	186
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	170
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	178
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	167
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	199
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	182
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	169
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	167
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	170
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	171
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	150
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	165
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	148
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	183
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	160
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	183
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	183
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	179
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	167
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	158
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	166
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	139
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	65
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	64
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	177
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	68
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	182
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	199
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	199
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	198
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	201
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	201

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	200
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	196
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	196
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	194
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	199
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	199
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	199
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	208
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	208
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	212
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	212
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	212
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	184
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	171
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	184
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	169
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	190
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	178
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	190
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	173
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	192
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	172
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	194
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	179
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	173
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	201
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	173
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	173
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	51
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	174
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	153
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)	274
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	150
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	178
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)	255

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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)	271
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	65
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	58
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	63
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	58
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	67
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	59
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	319
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	312
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	323
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	317
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	315
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	339
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	201
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	200
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	199
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	197
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	196
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	208
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	180
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	180
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	191
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	203
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	192
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	187
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	195
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	185
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	203
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	178
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	159
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	171
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	200
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	51
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	184
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	165
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	207

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	201
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	215
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	66
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	59
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	65
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	58
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	67
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	60
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	328
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	285
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	103
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	216
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	60
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	258
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	73
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	338
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	393
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	329
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	151
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	64
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	92
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	385
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	93
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	259
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	84
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	4
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	309
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	111
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	123
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	38
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	56
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	18
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	24
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	76
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	76
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	59

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	59
11086	Beet greens, raw	38.0	1.0 cup	16
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	27
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	39
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	37
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	32
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	32
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	42
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	39
11080	Beets, raw	136.0	1.0 cup	54
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	32
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	28
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	10
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	194
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	251
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	199
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	267
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	35
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	46
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	19
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	26
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	21
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	22
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	26
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	3
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	3
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	73
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	3
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	3

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	3
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	3
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	3
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	1
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	205
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	41
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	301
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	92
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	248
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	55
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	50
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	254
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	19
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	223
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	234
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	59
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	13
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	3
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	3
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	1
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)	244
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	170
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	88
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	15
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	22
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	12

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	29
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	17
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	183
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	3
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	7
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	2
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	2
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	1
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	1
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	5
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	1
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	33
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	3
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	3
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	1
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	5
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	2
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	156
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	155
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	166
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	3
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	1
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	2
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	2
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	1
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	418
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	190
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	188
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	28
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	209
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	41
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	41

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	17
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	17
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	2
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	1
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	1
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	6
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	4
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	99
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	10
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	80
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	2
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	34
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	14
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	10
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	334
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	28
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	2
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1
14287	Beverages, Lemonade, powder	18.0	1.0 serving	1
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	18
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	2
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	8
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	154
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	37
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	241
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	289
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	75
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	281
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	284
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	174
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	207
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	2
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	5
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	11
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	273
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	143
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	5
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	5
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	2
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	2
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	2
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	2
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	2
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	2
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	10
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	2
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	9

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	7
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	7
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	2
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	2
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	42
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	10
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0
42270	Beverages, Orange juice drink	249.0	1.0 cup	10
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	10
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	16
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	39
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	6
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	7
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	27
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	17
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	3
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	2
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	1
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	7
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	572
14066	Beverages, Protein powder whey based	32.0	0.33 cup	423
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	134
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	24
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	401
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	229
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	10

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	10
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	87
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	3
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	3
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	123
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	95
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	84
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	2
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	2
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	2
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	1
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	3
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	2
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	2
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0
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
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	2
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	146
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	100
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	475
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	2
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	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
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
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0
14412	Beverages, water, tap, well	29.6	1.0 fl oz	0
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	500
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	2
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	2
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	4
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	67
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	702
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	133
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	122
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	46
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	273
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	227
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	232
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	132
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	181
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	165
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	36

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	45
09042	Blackberries, raw	144.0	1.0 cup	32
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	17
09043	Blackberry juice, canned	250.0	1.0 cup	30
07005	Blood sausage	100.0	4.0 slices	22
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	26
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	29
09163	Blueberries, dried, sweetened	40.0	0.25 cup	14
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	16
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	17
09050	Blueberries, raw	148.0	1.0 cup	18
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	45
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	18
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	154
07007	Bologna, beef	30.0	1.0 slice	46
07008	Bologna, beef and pork	100.0	3.527 oz	163
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	250
42161	Bologna, beef, low fat	28.0	1.0 slice	50
07960	Bologna, chicken, pork	28.0	1.0 serving	62
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	64
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	52
07971	Bologna, meat and poultry	33.0	1.0 slice	70
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	39
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	53
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	36
07011	Bologna, turkey	28.0	0.99 oz 1 serving	32
11613	Borage, raw	89.0	1.0 cup (1" pieces)	47
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	26
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	36
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	86
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	134
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	87
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	177
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	126
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	48
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	47

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	50
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	56
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	40
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	11
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	32
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	10
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	16
18021	Bread, boston brown, canned	28.35	1.0 oz	32
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	125
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	68
18972	Bread, cheese	48.0	1.0 slice	58
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	16
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	139
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	199
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	139
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	48
18025	Bread, cracked-wheat	28.35	1.0 oz	43
18027	Bread, egg	28.35	1.0 oz	30
18028	Bread, egg, toasted	28.35	1.0 oz	33
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	30
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	36
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	76
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	13
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	18
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	20
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	19
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	32
18033	Bread, italian	28.35	1.0 oz	29
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	46
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	65
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	70
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	90
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	199
18037	Bread, oat bran	28.35	1.0 oz	40
18038	Bread, oat bran, toasted	28.35	1.0 oz	33
18039	Bread, oatmeal	28.35	1.0 oz	36

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18040	Bread, oatmeal, toasted	28.35	1.0 oz	39
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	59
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	95
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	58
18413	Bread, pita, white, unenriched	28.35	1.0 oz	27
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	115
18971	Bread, potato	32.0	1.0 slice	118
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	165
18043	Bread, protein (includes gluten)	28.35	1.0 oz	52
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	54
18044	Bread, pumpernickel	28.35	1.0 oz	50
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	55
18047	Bread, raisin, enriched	28.35	1.0 oz	31
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	33
18414	Bread, raisin, unenriched	28.35	1.0 oz	31
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	39
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	41
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	28
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	22
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	42
18057	Bread, reduced-calorie, white	28.35	1.0 oz	34
18059	Bread, rice bran	28.35	1.0 oz	50
18384	Bread, rice bran, toasted	28.35	1.0 oz	49
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	109
18060	Bread, rye	28.35	1.0 oz	35
18061	Bread, rye, toasted	28.35	1.0 oz	39
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	110
18064	Bread, wheat	29.0	1.0 slice	37
18066	Bread, wheat bran	28.35	1.0 oz	52
18385	Bread, wheat germ, toasted	28.35	1.0 oz	50
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	67
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	73
18065	Bread, wheat, toasted	28.35	1.0 oz	53
18967	Bread, white wheat	28.0	1.0 slice	29
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	28
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	27

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	29
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	29
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	33
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	27
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	68
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	86
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	53
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	58
09059	Breadfruit, raw	220.0	1.0 cup	66
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	29
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	119
18459	Breakfast tart, low fat	52.0	1.0 tart	48
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	202
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	212
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	212
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	632
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	104
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	70
11096	Broccoli raab, raw	40.0	1.0 cup chopped	29
11969	Broccoli, chinese, cooked	88.0	1.0 cup	36
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	52
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	52
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	47
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	90
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	90
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	78
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	51
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	51
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	56
11090	Broccoli, raw	91.0	1.0 cup chopped	60
11741	Broccoli, stalks, raw	114.0	1.0 stalk	75
07015	Brotwurst, pork, beef, link	70.0	1.0 link	94
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	12
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	12
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	87
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	87

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	59
11098	Brussels sprouts, raw	88.0	1.0 cup	61
20008	Buckwheat	170.0	1.0 cup	590
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	404
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	118
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	523
20013	Bulgur, cooked	182.0	1.0 cup	73
20012	Bulgur, dry	140.0	1.0 cup	420
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	116
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	116
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	60
21251	BURGER KING, Cheeseburger	133.0	1.0 item	190
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	105
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	274
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	207
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	236
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	272
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	415
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	511
21249	BURGER KING, french fries	74.0	1.0 small serving	88
21386	BURGER KING, french toast sticks	21.0	1.0 stick	18
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	125
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	5
21509	BURGER KING, Onion Rings	91.0	1.0 small	144
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	255
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	255
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	24
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	262
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	357
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	151
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	100
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	113
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	6
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	5
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	5

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	1
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	1
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	1
11106	Butterbur, (fuki), raw	94.0	1.0 cup	11
11108	Butterbur, canned	124.0	1.0 cup, chopped	5
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	49
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	49
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	26
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	46
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	46
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	22
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	8
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	8
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	25
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	25
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	64
11118	Cabbage, kimchi	150.0	1.0 cup	36
43144	Cabbage, mustard, salted	128.0	1.0 cup	35
11970	Cabbage, napa, cooked	109.0	1.0 cup	21
11109	Cabbage, raw	89.0	1.0 cup, chopped	23
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	7
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	7
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	27
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	48
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	48
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	29
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	91
18087	Cake, angelfood, dry mix	38.0	1.0 serving	128
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	116
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	14
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	30
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	189
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	101
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	15
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	64
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	15

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	23
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	46
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	85
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	41
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	40
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	40
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	70
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	81
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	126
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	78
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	79
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	79
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	72
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	41
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	25
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	39
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	52
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	26
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	39
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	28
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	84
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	20
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	69
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	199
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	96
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	133
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	92
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	80
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	88
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	113
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	119
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	85
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	88
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	88
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	100
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	32

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	69
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	87
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	111
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	79
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	44
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	29
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	33
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	41
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	53
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	35
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	25
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	51
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	42
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	38
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	54
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	47
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	38
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	61
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	25
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	218
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	43
10130	Canadian bacon, unprepared	85.0	3.0 oz	204
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	79
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	55
19070	Candies, butterscotch	28.35	1.0 oz	0
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	52
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	81
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	4
19071	Candies, carob, unsweetened	28.35	1.0 oz	36
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	23
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	61
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	53
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	521
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	267
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	60

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	54
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	1
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	13
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	25
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	12
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	32
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	11
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	21
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	9
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	2
19117	Candies, halavah, plain	28.35	1.0 oz	172
19107	Candies, hard	28.35	1.0 oz	1
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
19243	Candies, HEATH BITES	39.0	15.0 pieces	28
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	89
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	24
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	52
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	62
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	60
19108	Candies, jellybeans	11.0	10.0 small	0
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	57
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	50
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	51
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	54
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	41
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	75
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	70
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	88
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	103
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	117
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	39
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	38
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	1

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	108
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	2
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	60
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	75
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	93
19116	Candies, marshmallows	50.0	1.0 cup of miniature	4
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	15
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	53
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	316
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	108
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	83
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	17
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	80
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	37
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	56
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	11
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	58
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	92
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	80
43046	Candies, nougat, with almonds	14.0	1.0 piece	8
19147	Candies, peanut bar	28.35	1.0 oz	87
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	30
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	41
19238	Candies, REESE'S BITES	39.0	16.0 pieces	76
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	87
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	94
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	27
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	97
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	73
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	34
19080	Candies, semisweet chocolate	14.5	1.0 serving	19
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	224
19154	Candies, sesame crunch	28.35	1.0 oz	117
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	23
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	21
19858	Candies, sugar-coated almonds	3.5	1.0 piece	6

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19081	Candies, sweet chocolate	28.35	1.0 oz	42
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	41
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	87
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	51
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	4
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	23
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	21
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	19
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	10
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	66
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	150
19181	Candies, YORK BITES	39.0	15.0 pieces	1
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0
02054	Capers, canned	8.6	1.0 tbsp, drained	1
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	16
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0
11122	Cardoon, raw	178.0	1.0 cup, shredded	41
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	142
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	10
16055	Carob flour	103.0	1.0 cup	81
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	460
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	797
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	769
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	311
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	210
11655	Carrot juice, canned	236.0	1.0 cup	99
11683	Carrot, dehydrated	74.0	1.0 cup	256
11960	Carrots, baby, raw	15.0	1.0 large	4
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	35
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	25
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	35
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	25
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	3

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	3
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	45
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	45
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	21
11124	Carrots, raw	128.0	1.0 cup chopped	45
11134	Cassava, raw	206.0	1.0 cup	56
11935	Catsup	17.0	1.0 tbsp	4
11949	Catsup, low sodium	17.0	1.0 tbsp	4
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	9
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	20
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	20
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	43
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	43
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	23
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	51
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	35
11965	Cauliflower, green, raw	64.0	1.0 cup	40
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	47
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	102
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	102
11141	Celeriac, raw	156.0	1.0 cup	179
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	38
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	38
11143	Celery, raw	101.0	1.0 cup chopped	24
11145	Celtuce, raw	8.0	1.0 leaf	3
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	204
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	34
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	40
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	60
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	42
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	411
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	42
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	100
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	60
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	80

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	40
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	100
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	70
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	60
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	60
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	135
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	60
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	60
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	60
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	46
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	60
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	40
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	20
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	62
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	60
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	75
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	40
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	40
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	60
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	20
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	60
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	80
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	100
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	60
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	100
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	100
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	100
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	100
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	60
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	80
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	40
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	60
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	40
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	60
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	92
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	77

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	20
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	80
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	57
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	78
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	60
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	80
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	80
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	60
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	100
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	100
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	60
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	100
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	60
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	40
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	100
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	60
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	150
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	80
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	80
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	526
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	101
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	87
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	79
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	157
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	46
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	56
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	143
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	157
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	116
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	104
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	133
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	115
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	125
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	13
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	32
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	51

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	69
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	133
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	151
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	60
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	54
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	70
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	153
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	122
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	125
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	62
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	17
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	27
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	19
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	23
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	190
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	188
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)	200
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)	197
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	213
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	32
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	34
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	30
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	88
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	55
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	54
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	67
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	190
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	192
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	22
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	122
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	115
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	89
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	61
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	150
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	150
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	356

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08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	20
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	17
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	32
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	29
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	16
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	136
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	13
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	21
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	14
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	199
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	192
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	24
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	18
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	58
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	136
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	112
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	19
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	258
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	124
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	26
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	205
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	153
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	146
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	41
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	19
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	66
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	15
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	49
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	52
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	123
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	62
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	51
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	57
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	120
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	50
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	20

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08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	22
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	53
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	26
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	75
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	22
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	20
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	17
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	11
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	40
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	14
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	150
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	18
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	60
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	20
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	41
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	95
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	70
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	40
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	61
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	200
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	25
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	94
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	150
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	138
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	178
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	172
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	135
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	165
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	122
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	44
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	200
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	89
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	135
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	93
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	28
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	19

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08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	61
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	271
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	81
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	154
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	139
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	130
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	47
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	41
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	55
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	43
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	162
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	42
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	247
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	144
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	176
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	188
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	71
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	208
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	90
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	188
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	45
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	44
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	43
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	54
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	52
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	44
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	36
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	78
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	174
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	124
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	208
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	55
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	44
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	70
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	137
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	164

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08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	208
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	207
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	182
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	50
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	125
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	125
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	135
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	17
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	50
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	228
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	45
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	295
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	11
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	9
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	32
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	18
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	155
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	150
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	14
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	142
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	210
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	158
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	206
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	22
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	27
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	60
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	162
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	325
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	43
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	51
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	51
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	11
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	33
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	129
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	7
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	33

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	41
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	41
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	56
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	66
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	66
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	55
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	132
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	115
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	131
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	12
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	43
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	40
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	38
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	12
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	89
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	28
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	86
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	89
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	10
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	47
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	96
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	224
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	243
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	238
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	43
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	43
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	38
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	56
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	55
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)	59
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	131
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	118
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	180
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	145
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	192

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	120
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	154
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	180
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	332
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	180
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	22
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	21
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	31
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	27
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	30
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	21
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	32
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	26
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	27
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	22
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	194
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	111
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	126
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	129
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	133
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	138
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	152
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	151
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	105
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	118
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	128
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	126
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	110
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	181
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	278
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	179
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	201
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	243
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	226

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	251
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	138
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	183
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	183
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	178
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	176
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	162
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	182
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	146
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	146
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	154
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	167
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	167
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	356
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	58
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	58
11147	Chard, swiss, raw	36.0	1.0 cup	17
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	46
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	46
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	24
01045	Cheese food, cold pack, American	28.35	1.0 oz	113
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	169
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	495
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	495
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	149
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	174
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	146
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	232
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	101
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	69
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	196
43276	Cheese spread, cream cheese base	28.35	1.0 oz	26
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	1225
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	659
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	150
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	60

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01004	Cheese, blue	28.35	1.0 oz	110
01005	Cheese, brick	132.0	1.0 cup, diced	595
01006	Cheese, brie	28.35	1.0 oz	53
01007	Cheese, camembert	28.35	1.0 oz	98
01008	Cheese, caraway	28.35	1.0 oz	139
01009	Cheese, cheddar	132.0	1.0 cup, diced	601
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	136
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	109
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	87
01010	Cheese, cheshire	28.35	1.0 oz	132
01011	Cheese, colby	132.0	1.0 cup, diced	603
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	180
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	128
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	151
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	151
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	151
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	145
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	170
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	276
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	145
01017	Cheese, cream	14.5	1.0 tbsp	16
01186	Cheese, cream, fat free	18.0	1.0 tbsp	94
43274	Cheese, cream, low fat	15.0	1.0 tbsp	23
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	461
01018	Cheese, edam	28.35	1.0 oz	152
01019	Cheese, feta	150.0	1.0 cup, crumbled	506
01020	Cheese, fontina	132.0	1.0 cup, diced	457
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	470
01021	Cheese, gjetost	28.35	1.0 oz	126
01156	Cheese, goat, hard type	28.35	1.0 oz	207
01157	Cheese, goat, semisoft type	28.35	1.0 oz	106
01159	Cheese, goat, soft type	28.35	1.0 oz	73
01022	Cheese, gouda	28.35	1.0 oz	155
01023	Cheese, gruyere	28.35	1.0 oz	172
01024	Cheese, limburger	134.0	1.0 cup	527
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	639

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	639
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	123
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	165
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	586
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	585
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	583
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	36
01025	Cheese, monterey	132.0	1.0 cup, diced	586
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	586
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	723
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	462
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	692
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	741
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	131
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	396
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	117
01030	Cheese, muenster	132.0	1.0 cup, diced	618
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	529
01031	Cheese, neufchatel	28.35	1.0 oz	39
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	729
01032	Cheese, parmesan, grated	100.0	1.0 cup	627
01033	Cheese, parmesan, hard	28.35	1.0 oz	197
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	807
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	37
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	182
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	1158
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	182
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	150
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	1043
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	1042
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1067
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	1158
01034	Cheese, port de salut	132.0	1.0 cup, diced	475
01035	Cheese, provolone	132.0	1.0 cup, diced	655
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	655
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	227

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	196
01038	Cheese, romano	28.35	1.0 oz	215
01039	Cheese, roquefort	28.35	1.0 oz	111
01040	Cheese, swiss	132.0	1.0 cup, diced	758
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	169
43405	Cheese, swiss, low sodium	28.0	1.0 slice	169
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	169
01041	Cheese, tilsit	28.35	1.0 oz	142
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	551
18147	Cheesecake commercially prepared	28.35	1.0 oz	26
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	66
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	178
09062	Cherimoya, raw	160.0	1.0 cup, pieces	42
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	27
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	23
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	26
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	24
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	25
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	23
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	44
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	55
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	45
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	46
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	36
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	37
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	41
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	29
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	14
19163	Chewing gum	3.0	1.0 stick	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	132
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	346
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	6
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	32

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	32
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	31
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	108
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	25
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	125
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	118
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	217
07018	Chicken spread	56.0	1.0 serving (1 serving)	50
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	42
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	205
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	219
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	181
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	184
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	212
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	184
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	180
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	207
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	209
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	174
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	176
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	196
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	207
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	205
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	128
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	135
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)	99
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)	73
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	49
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	254
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	102
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	67
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	40
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	212
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	34
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	47

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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)	155
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)	137
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	300
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	217
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	218
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)	151
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	128
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	319
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	200
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	231
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	168
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	168
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	175
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	192
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	226
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	123
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)	194
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)	170
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)	146
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	116
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	262
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	251
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	200
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	177
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	208
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	223
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	276
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)	63
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)	51
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)	205
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	135
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	197
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	217
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	46

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	136
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	128
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	415
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	419
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	45
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)	144
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)	122
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	172
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	195
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	132
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	108
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	174
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	127
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	153
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)	190
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)	166
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)	158
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)	131
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	189
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	323
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	302
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	223
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	165
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	134
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	165
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	127
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	155
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	122
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	132
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	162
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	255
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	195
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	125
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	287
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	147
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	273

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	210
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	13
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)	18
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)	15
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	7
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	91
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	42
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	42
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	70
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	44
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	47
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)	81
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)	71
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	296
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	198
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	57
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	303
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	267
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	193
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	209
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)	35
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)	28
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	125
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	137
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	169
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	132
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	140
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	188

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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)	26
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	158
05311	Chicken, canned, no broth	28.0	1.0 oz	43
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	341
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	238
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	203
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	154
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	209
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	156
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	124
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	119
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	127
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	136
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	172
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	250
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	193
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	162
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	179
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	204
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	156
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	256
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	125
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	173
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	263
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	149
05335	Chicken, feet, boiled	28.35	1.0 oz	24
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	274
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	42
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	199
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	199
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	289
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	11
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	194
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	178
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	131

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
43128	Chicken, meatless	168.0	1.0 cup	563
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	318
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	144
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	175
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	239
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	201
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	309
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	46
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	304
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	221
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	152
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	140
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	152
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	269
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	168
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	37
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	43
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	27
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	32
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	50
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	25
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	262
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	200
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	323
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	55
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	315
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	206
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	128
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	147
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	153
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	146
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	286
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	178
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	253
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	59
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	224

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	201
16157	Chickpea flour (besan)	92.0	1.0 cup	293
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	215
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	203
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	192
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	192
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	276
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	276
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	504
11152	Chicory greens, raw	29.0	1.0 cup, chopped	14
11154	Chicory roots, raw	60.0	1.0 root	37
11151	Chicory, witloof, raw	53.0	1.0 head	14
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	24
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	25
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	31
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	20
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	211
16059	Chili with beans, canned	256.0	1.0 cup	394
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	195
22911	Chili, no beans, canned entree	240.0	1.0 cup	185
11615	Chives, freeze-dried	0.2	1.0 tbsp	1
11156	Chives, raw	3.0	1.0 tbsp chopped	2
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	58
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	74
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	87
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	56
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	103
07019	Chorizo, pork and beef	28.35	1.0 oz	43
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	28
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	43
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	43
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	14
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	85
09433	Clementines, raw	74.0	1.0 fruit	16
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	41
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	45

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	631
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	626
18103	Coffeecake, cheese	28.35	1.0 oz	29
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	31
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	31
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	73
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	61
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	21
18106	Coffeecake, fruit	28.35	1.0 oz	33
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	61
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	61
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	46
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	46
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	26
11161	Collards, raw	36.0	1.0 cup, chopped	9
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	23
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	24
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	22
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	9
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	32
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	2
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	29
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	21
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	23
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	16
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	37
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	29
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	29
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	20
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	14
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	31
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	21
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	9
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	31
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	23
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	28

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	28
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	23
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	22
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	74
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	22
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	33
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	26
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	57
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	20
18157	Cookies, chocolate wafers	28.35	1.0 oz	37
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	60
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	24
18170	Cookies, fig bars	28.35	1.0 oz	18
18171	Cookies, fortune	28.35	1.0 oz	10
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	24
18172	Cookies, gingersnaps	28.35	1.0 oz	24
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	31
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	33
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	12
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	17
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	23
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	52
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	57
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	49
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	49
28351	Cookies, Marie biscuit	28.0	5.0 cookie	54
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	27
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	22
18177	Cookies, molasses	28.35	1.0 oz	27
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	36
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	39
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	59
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	35
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	46
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	46
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	47

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	23
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	29
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	33
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	53
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	44
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	44
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	25
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	38
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	33
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	68
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	75
18191	Cookies, raisin, soft-type	28.35	1.0 oz	24
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	24
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	19
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	8
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	34
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	11
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	26
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	28
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	26
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	56
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	53
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	21
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	29
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	26
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	29
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	2
20015	Corn bran, crude	76.0	1.0 cup	55
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	175
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	263
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	263
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	18
20316	Corn flour, whole-grain, white	117.0	1.0 cup	318
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	318
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	76
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	263

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
20314	Corn grain, white	166.0	1.0 cup	349
20014	Corn grain, yellow	166.0	1.0 cup	349
11656	Corn pudding, home prepared	250.0	1.0 cup	225
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	141
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	98
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	131
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	102
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	134
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	134
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	75
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	131
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	131
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	82
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	82
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	94
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	94
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	116
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	124
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	124
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	144
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	65
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	118
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	131
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	131
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	62
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	118
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	134
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	134
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	75
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	69
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	69
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	130
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	95
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	124
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	124
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	144

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	130
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	129
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	134
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	20
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	155
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	155
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	155
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	155
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	981
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1107
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	860
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	294
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	294
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	981
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1107
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	860
11190	Cornsalad, raw	56.0	1.0 cup	30
20027	Cornstarch	128.0	1.0 cup	17
20029	Couscous, cooked	157.0	1.0 cup, cooked	35
20028	Couscous, dry	173.0	1.0 cup	294
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	84
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	84
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	207
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	207
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	195
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	77
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	243
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	243
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	731
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	230
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	168
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	267
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	267
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	708
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	22
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	22

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	3
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	47
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	47
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	61
09077	Crabapples, raw	110.0	1.0 cup slices	16
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	469
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	283
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	40
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	313
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	837
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	376
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	354
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	519
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	261
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	232
18236	Cracker meal	28.35	1.0 oz	29
18434	Crackers, cheese, low sodium	14.2	0.5 oz	31
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	49
18214	Crackers, cheese, regular	14.2	0.5 oz	28
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	112
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	38
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	82
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	30
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	32
18216	Crackers, crispbread, rye	14.2	0.5 oz	38
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	9
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	23
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	6
18218	Crackers, matzo, egg	14.2	0.5 oz	21
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	13
18217	Crackers, matzo, plain	14.2	0.5 oz	13
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	43
18220	Crackers, melba toast, plain	14.2	0.5 oz	28
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	28
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	26
18222	Crackers, melba toast, wheat	14.2	0.5 oz	23

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18223	Crackers, milk	14.2	0.5 oz	43
28292	Crackers, multigrain	14.0	4.0 crackers	41
18224	Crackers, rusk toast	14.2	0.5 oz	22
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	48
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	47
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	44
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	15
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	17
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	16
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	15
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	27
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	35
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	44
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	40
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	32
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	58
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	39
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	53
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	82
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	14
18428	Crackers, wheat, low salt	14.2	0.5 oz	31
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	75
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	103
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	54
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	49
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	110
18235	Crackers, whole-wheat	28.0	1.0 serving	93
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	42
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	106
09079	Cranberries, dried, sweetened	40.0	0.25 cup	3
09078	Cranberries, raw	110.0	1.0 cup, chopped	12
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	16
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	2
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
43382	Cranberry juice, unsweetened	253.0	1.0 cup	33
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	11
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	3
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	3
09082	Cranberry-orange relish, canned	275.0	1.0 cup	22
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	34
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	80
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	4
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	3
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	22
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	10
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	10
01069	Cream substitute, powdered	94.0	1.0 cup	271
42136	Cream substitute, powdered, light	94.0	1.0 cup	128
01049	Cream, fluid, half and half	30.2	1.0 fl oz	29
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	70
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	28
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	73
01199	Cream, half and half, fat free	29.0	2.0 tbsp	44
01056	Cream, sour, cultured	12.0	1.0 tbsp	9
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	14
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	53
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	1
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	15
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	13
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	65
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	65
11203	Cress, garden, raw	50.0	1.0 cup	38
18240	Croissants, apple	28.35	1.0 oz	16
18239	Croissants, butter	28.35	1.0 oz	30
18241	Croissants, cheese	28.35	1.0 oz	37
18242	Croutons, plain	14.2	0.5 oz	16
18243	Croutons, seasoned	14.2	0.5 oz	20
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	14
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	375
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	240

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	186
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	316
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	276
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	128
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	195
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	149
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	155
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	109
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	113
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	205
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	185
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	230
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	218
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	268
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	242
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	201
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	250
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	185
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	260
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	240
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	15
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	182
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	195
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	202
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	28
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	12
09083	Currants, european black, raw	112.0	1.0 cup	66
09084	Currants, red and white, raw	112.0	1.0 cup	49
09085	Currants, zante, dried	144.0	1.0 cup	180
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	44
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	44
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	36
18245	Danish pastry, cheese	28.35	1.0 oz	31
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	30
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	30
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	25

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	25
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	25
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	31
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	25
09087	Dates, deglet noor	147.0	1.0 cup, chopped	91
09421	Dates, medjool	24.0	1.0 date, pitted	15
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	170
36027	DENNY'S, chicken strips	194.0	1.0 serving	530
36028	DENNY'S, coleslaw	91.0	1.0 serving	26
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	364
36610	DENNY'S, french fries	165.0	1.0 serving	190
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	80
36030	DENNY'S, hash browns	124.0	1.0 serving	88
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	203
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	816
36031	DENNY'S, onion rings	166.0	1.0 serving	153
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	503
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	282
01070	Dessert topping, powdered	43.0	1.5 oz	32
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	69
01072	Dessert topping, pressurized	70.0	1.0 cup	13
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	6
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	39
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	159
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	147
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	945
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	12
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	34
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	10
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	581
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	441
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	380
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	483
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	466
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	309
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	479

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	290
02045	Dill weed, fresh	1.0	5.0 sprigs	1
27065	Dip, bean, original flavor	36.0	2.0 tbsp	38
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	38
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	46
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	60
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	53
11616	Dock, raw	133.0	1.0 cup, chopped	84
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	220
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	204
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	240
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	278
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	216
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	208
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	242
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	223
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	211
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	267
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	46
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	104
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	60
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	33
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	35
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	33
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	26
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	22
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	24
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	465
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	11
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	28
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	28
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	24
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	58
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	58
11620	Drumstick pods, raw	100.0	1.0 cup slices	50
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	118

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	218
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	118
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	284
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	278
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	136
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	143
01225	Dulce de Leche	19.0	1.0 tbsp	37
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	90
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	95
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	45
11212	Edamame, frozen, prepared	155.0	1.0 cup	262
11211	Edamame, frozen, unprepared	118.0	1.0 cup	190
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	282
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	193
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	183
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	39
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	94
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	77
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	49
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	43
01144	Egg substitute, powder	9.9	0.35 oz	47
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	154
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	300
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	20
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	134
01173	Egg, white, dried	28.0	1.0 oz	31
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	24
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	95
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	111
01124	Egg, white, raw, fresh	33.0	1.0 large	5
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	4
01128	Egg, whole, cooked, fried	46.0	1.0 large	99
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	234
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	25
01131	Egg, whole, cooked, poached	50.0	1.0 large	98
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	101

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01133	Egg, whole, dried	85.0	1.0 cup, sifted	535
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	608
01123	Egg, whole, raw, fresh	50.0	1.0 large	99
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	54
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	52
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	697
01125	Egg, yolk, raw, fresh	17.0	1.0 large	66
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	119
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	117
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	115
01057	Eggnog	254.0	1.0 cup	277
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	15
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	15
43146	Eggplant, pickled	136.0	1.0 cup	12
11209	Eggplant, raw	82.0	1.0 cup, cubes	20
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	9
09088	Elderberries, raw	145.0	1.0 cup	57
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	231
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	201
05625	Emu, flat fillet, raw	85.0	3.0 oz	195
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	275
05626	Emu, full rump, raw	85.0	3.0 oz	201
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	293
05621	Emu, ground, raw	117.0	1.0 patty	260
05628	Emu, inside drum, raw	85.0	3.0 oz	195
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	261
05630	Emu, outside drum, raw	85.0	3.0 oz	191
05631	Emu, oyster, raw	85.0	3.0 oz	184
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	233
11213	Endive, raw	25.0	0.5 cup, chopped	7
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	23
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	46
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	26
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	38
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	30
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	38

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	38
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	26
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	31
18264	English muffins, wheat	28.35	1.0 oz	30
18265	English muffins, wheat, toasted	28.35	1.0 oz	35
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	72
18266	English muffins, whole-wheat	28.35	1.0 oz	80
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	87
11984	Epazote, raw	0.8	1.0 tbsp	1
11618	Eppaw, raw	100.0	1.0 cup	165
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	33
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	33
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	14
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	31
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	39
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	23
21142	Fast food, biscuit	55.0	1.0 biscuit	261
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	231
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	291
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	240
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	224
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	249
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	220
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	230
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	200
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	224
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	245
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	224
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	518
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	405
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	225
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	469
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	388
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	238
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	300
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	505

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	526
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	794
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	379
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	55
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	183
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	98
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	393
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	302
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	316
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	256
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	395
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	462
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	465
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	242
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	298
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	273
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	256
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	349
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	297
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	364
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	382
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	277
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	531
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	269
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	180
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	154
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	147
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	488
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	346
21401	Fast foods, chicken tenders	30.0	1.0 strip	85
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	261
21127	Fast foods, coleslaw	191.0	1.0 cup	38
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	219
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	247
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	607
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	348

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	274
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	343
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	236
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	232
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	181
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	252
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	297
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	255
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	184
21024	Fast foods, french toast sticks	65.0	3.0 pieces	57
21023	Fast foods, french toast with butter	135.0	2.0 slices	146
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	467
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	337
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	141
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	84
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	286
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	173
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	128
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	83
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	320
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	611
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	427
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	327
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	226
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	576
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	207
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	394
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	314
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	415
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	284
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	163
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	175
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	233
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	240
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	230
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	105

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	107
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	124
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	97
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	192
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	166
21129	Fast foods, hush puppies	22.0	1.0 piece	90
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	45
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	158
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	340
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	185
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	89
21139	Fast foods, potato, mashed	242.0	1.0 cup	143
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	5
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	563
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	298
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	72
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	38
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	149
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	220
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	213
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	203
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	287
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	224
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	265
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	317
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	258
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	224
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	541
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	217
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	228
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	155
21083	Fast foods, taco salad	198.0	1.5 cup	143
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	123
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	170
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	239

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	133
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	51
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	46
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	44
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	26
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	26
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	25
09095	Figs, dried, stewed	259.0	1.0 cup	75
09094	Figs, dried, uncooked	149.0	1.0 cup	100
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	9
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	25
06963	Fish broth	244.0	1.0 cup	73
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	71
15001	Fish, anchovy, european, raw	85.0	3.0 oz	148
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	158
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	159
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	315
15004	Fish, bass, striped, raw	85.0	3.0 oz	168
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	340
15005	Fish, bluefish, raw	150.0	1.0 fillet	340
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	230
15006	Fish, burbot, raw	116.0	1.0 fillet	232
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	77

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
15007	Fish, butterfish, raw	32.0	1.0 fillet	77
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	451
15008	Fish, carp, raw	85.0	3.0 oz	353
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	188
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	353
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	173
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	435
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	178
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	57
15013	Fish, cisco, raw	79.0	1.0 fillet	120
15014	Fish, cisco, smoked	28.35	1.0 oz	43
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	221
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	117
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	269
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	173
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	174
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	310
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	326
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	153
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	189
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	166
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	249
15022	Fish, cusk, raw	122.0	1.0 fillet	249
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	196
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	153
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	79
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	184
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	109
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	392
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	71
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	31
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	122
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	138
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	417
15033	Fish, haddock, raw	85.0	3.0 oz	193
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	71

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	244
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	201
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	178
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	139
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	433
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	92
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	125
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	67
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	420
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	194
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	216
15044	Fish, ling, raw	85.0	3.0 oz	168
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	219
15045	Fish, lingcod, raw	85.0	3.0 oz	171
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	245
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	243
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	85
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	270
15049	Fish, mackerel, king, raw	85.0	3.0 oz	211
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	45
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	106
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	203
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	396
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	174
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	156
15023	Fish, mahimahi, raw	85.0	3.0 oz	122
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	177
15053	Fish, milkfish, raw	85.0	3.0 oz	138
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	218
15054	Fish, monkfish, raw	85.0	3.0 oz	170
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	227
15055	Fish, mullet, striped, raw	28.35	1.0 oz	63
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	150
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	70
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	118
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	120

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	240
15062	Fish, pike, northern, raw	85.0	3.0 oz	187
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	334
15064	Fish, pike, walleye, raw	85.0	3.0 oz	178
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	175
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	160
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	219
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	162
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	241
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	188
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	300
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	55
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	351
15059	Fish, pout, ocean, raw	85.0	3.0 oz	170
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	370
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	174
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	146
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	56
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	87
15073	Fish, roughy, orange, raw	85.0	3.0 oz	91
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	183
15074	Fish, sablefish, raw	85.0	3.0 oz	143
15075	Fish, sablefish, smoked	28.35	1.0 oz	63
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	214
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	204
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	218
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	170
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	315
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	246
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	46
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	46
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	301
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	301
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	309
15079	Fish, salmon, chum, raw	85.0	3.0 oz	241
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	475

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	248
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	274
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	253
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	223
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	322
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	215
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	286
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	280
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	266
15083	Fish, salmon, pink, raw	85.0	3.0 oz	222
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	287
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	277
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	259
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	73
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	730
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	326
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	118
15090	Fish, scup, raw	85.0	3.0 oz	157
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	250
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	250
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	273
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	212
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	503
15094	Fish, shad, american, raw	85.0	3.0 oz	231
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	165
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	178
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	298
15097	Fish, sheepshead, raw	85.0	3.0 oz	266
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	251
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	196
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	171
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	168
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	119
15103	Fish, spot, raw	64.0	1.0 fillet	119
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	230
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	179

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	80
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	334
15107	Fish, sucker, white, raw	85.0	3.0 oz	178
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	85
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	86
15109	Fish, surimi	28.35	1.0 oz	80
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	258
15110	Fish, swordfish, raw	85.0	3.0 oz	217
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	177
15261	Fish, tilapia, raw	116.0	1.0 fillet	197
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	354
15112	Fish, tilefish, raw	85.0	3.0 oz	159
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	367
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	195
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	194
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	192
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	179
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	385
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	230
15128	Fish, tuna salad	85.0	3.0 oz	151
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	277
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	216
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	189
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	79
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	454
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	264
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	39
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	139
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	242
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	227
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	227
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	184
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	184
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	283
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	140
15129	Fish, turbot, european, raw	85.0	3.0 oz	110

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	294
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	230
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	180
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	205
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	204
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	305
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	170
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	293
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	133
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	1
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	3
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	73
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	168
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	377
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	250
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	311
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	250
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	250
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	300
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	418
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	370
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	150
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	67
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	109
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	75
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	66
07024	Frankfurter, chicken	85.0	3.0 oz	138
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	50
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	107
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	90
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	92
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	222
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	89
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	110
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	482

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
07939	Frankfurter, pork	76.0	1.0 link	130
07025	Frankfurter, turkey	28.35	1.0 oz	49
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	39
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	33
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	212
80200	Frog legs, raw	45.0	1.0 leg	66
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	241
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	17
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	16
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	32
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	24
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	1
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	16
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	43
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	16
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	2
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	7
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	14
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	16
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	5
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	62
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	135
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	1
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	9
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	29
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	4
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	1
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	134
42186	Frozen yogurts, chocolate	174.0	1.0 cup	155
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	240
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	100

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	155
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	93
19294	Fruit butters, apple	17.0	1.0 tbsp	1
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	14
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	27
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	33
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	27
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	26
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	26
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	37
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	37
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	41
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	41
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	54
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	42
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	23
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	23
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	35
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	23
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	22
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	18
19018	Fruit syrup	334.0	1.0 cup	0
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	187
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	52
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	154
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	215
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	178
17144	Game meat, antelope, raw	28.35	1.0 oz	53
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	144
17146	Game meat, bear, raw	28.35	1.0 oz	43
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	248

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17150	Game meat, beaver, raw	28.35	1.0 oz	67
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	212
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	64
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	203
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	181
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	178
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	202
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	56
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	178
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	53
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	54
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	218
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	201
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	58
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	114
17158	Game meat, boar, wild, raw	28.35	1.0 oz	34
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	187
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	56
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	198
17162	Game meat, caribou, raw	28.35	1.0 oz	59
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	192
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	212
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	171
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	150
17164	Game meat, deer, raw	28.35	1.0 oz	57
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	222
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	254
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)	277
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	153
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	210
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	199
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	292
17166	Game meat, elk, raw	28.35	1.0 oz	46
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	226
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	262
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	171

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	210
17170	Game meat, horse, raw	28.35	1.0 oz	63
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	150
17172	Game meat, moose, raw	28.35	1.0 oz	45
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	230
17174	Game meat, muskrat, raw	28.35	1.0 oz	62
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	236
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	224
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	192
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	60
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	204
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	64
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	222
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	179
17183	Game meat, squirrel, raw	28.35	1.0 oz	49
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	78
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	205
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	84
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	70
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	34
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	84
18963	Garlic bread, frozen	43.0	1.0 slice presliced	37
11215	Garlic, raw	136.0	1.0 cup	208
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	120
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	30
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	83
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	116
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	80
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	121
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	3
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0
11216	Ginger root, raw	2.0	1.0 tsp	1
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	17
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	15

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	7
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	22
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	9
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	10
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	24
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	5
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	31
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	14
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	12
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	33
17168	Goat, raw	28.35	1.0 oz	51
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	378
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	199
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	442
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	265
05150	Goose, liver, raw	94.0	1.0 liver	245
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	18
09107	Gooseberries, raw	150.0	1.0 cup	40
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	55
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	55
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	30
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	19
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	19
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	8
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	64
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	35
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	35
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	35
11975	Grape leaves, canned	4.0	1.0 leaf	1
11974	Grape leaves, raw	14.0	1.0 cup	13
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	36
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	37
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	37
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	37
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	28
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	35

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	101
09128	Grapefruit juice, white, raw	247.0	1.0 cup	37
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	18
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	41
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	28
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	21
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	18
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	28
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	16
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	30
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	25
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	24
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	9
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	44
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	44
09129	Grapes, muscadine, raw	6.0	1.0 grape	1
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	30
06114	Gravy, au jus, canned	59.0	0.25 cup	18
06115	Gravy, au jus, dry	3.0	1.0 tsp	5
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	70
06957	Gravy, brown instant, dry	6.7	1.0 serving	14
06118	Gravy, brown, dry	6.0	1.0 tbsp	12
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	8
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	11
06120	Gravy, chicken, dry	8.0	1.0 tbsp	20
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	13
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	6
06958	Gravy, instant beef, dry	6.7	1.0 serving	16
06959	Gravy, instant turkey, dry	6.7	1.0 serving	14
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	71
06121	Gravy, mushroom, canned	238.0	1.0 cup	36
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	43
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	49
06124	Gravy, pork, dry, powder	6.7	1.0 serving	13
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	69
06126	Gravy, turkey, dry	7.0	1.0 serving	18

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	51
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	224
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	200
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	152
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	220
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	178
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	55
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	208
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	246
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	224
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	193
05305	Ground turkey, raw	453.6	1.0 lb	907
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	56
09434	Guanabana nectar, canned	251.0	1.0 cup	5
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	5
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	10
09143	Guava sauce, cooked	238.0	1.0 cup	26
09139	Guavas, common, raw	165.0	1.0 cup	66
09140	Guavas, strawberry, raw	244.0	1.0 cup	66
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	130
05152	Guinea hen, meat only, raw	85.0	3.0 oz	144
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	71
07033	Ham and cheese spread	15.0	1.0 tbsp	74
07031	Ham salad spread	15.0	1.0 tbsp	18
07026	Ham, chopped, canned	28.35	1.0 oz	39
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	43
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	211
07030	Ham, minced	28.35	1.0 oz	45
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	33
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	86
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	2
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	16
11961	Hearts of palm, canned	146.0	1.0 cup	95
20030	Hominy, canned, white	165.0	1.0 cup	58
20330	Hominy, canned, yellow	160.0	1.0 cup	56

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19296	Honey	339.0	1.0 cup	14
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	32
09451	Horned melon (Kiwano)	233.0	1.0 cup	86
02055	Horseradish, prepared	5.0	1.0 tsp	2
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	213
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	213
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	236
16158	Hummus, commercial	15.0	1.0 tbsp	26
16137	Hummus, home prepared	15.0	1.0 tablespoon	16
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	68
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	54
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	233
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	233
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	781
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	43
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	43
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	39
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	54
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	104
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	27
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	29
01239	Ice cream cookie sandwich	82.0	1.0 serving	44
01238	Ice cream sandwich	70.0	1.0 serving	50
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	18
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	18
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	86
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	337
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	100
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	62
19114	Ice creams, chocolate, light	68.0	1.0 serving	56
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	76
43541	Ice creams, chocolate, rich	148.0	1.0 cup	170
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	100
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	62
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	61
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	58

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	69
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	100
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	78
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	51
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	106
19089	Ice creams, vanilla, rich	107.0	0.5 cup	112
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	599
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	47
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	33
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	13
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	17
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	19
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	9
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	15
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	15
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	15
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	27
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	11
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	64
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	130
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	30
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	34
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	15
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	30
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	34
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	15
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	17
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	19
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	9
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	28
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	97

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	13
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	12
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	22
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	89
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	24
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	17
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	19
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	9
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	49
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	21
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	30
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	21
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	51
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	8
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	18
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	8
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	9
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	37
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	23
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	38
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	14
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	31
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	62
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	129
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	26
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	58
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	21
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	25
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	22
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	11

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	25
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	22
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	37
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	38
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	22
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	23
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	22
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	11
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	10
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	28
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	24
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	25
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	45
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	25
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	30
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	45
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	16
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	16
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	16
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	16
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	18
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	19
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	17
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	19
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	9
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	21
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	9
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	37
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	33
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	37

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	22
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	11
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	58
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	174
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	88
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	33
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	50
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	57
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	33
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	57
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	26
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	32
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	35
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	16
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	25
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	27
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	13
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	30
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	25
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	12
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	8
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	7
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	14
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	16
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	7
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	17
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	19
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	9
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	26
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	28
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	12
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	11
09144	Jackfruit, raw	165.0	1.0 cup, sliced	35
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	38

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	21
19297	Jams and preserves	20.0	1.0 tbsp	4
19719	Jams and preserves, apricot	20.0	1.0 tbsp	1
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	20
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	23
19300	Jellies	21.0	1.0 serving 1 tbsp	1
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	27
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	1
43497	Jellyfish, dried, salted	58.0	1.0 cup	12
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	117
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	14
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	387
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	22
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	28
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	63
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	63
11231	Jute, potherb, raw	28.0	1.0 cup	23
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	36
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	36
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	36
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	36
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	27
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	15
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	49
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	49
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	42
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	12
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	190
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	74
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	130
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	176
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	127
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	139
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	193
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	102
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	130

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	132
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	122
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	196
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	75
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	317
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	10
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	260
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	102
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	79
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	328
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	116
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	114
18980	KASHI, Original Waffle	72.0	2.0 pieces	274
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	118
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	320
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	67
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	22
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	151
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	294
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	6
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	141
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	56
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	100
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	60
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	167
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	31
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	32
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	139
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	99
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	16
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	16
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	15
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	19
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	17
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	15
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	15

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28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	20
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	12
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	17
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	18
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	9
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	37
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	27
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	2
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	18
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	25
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	14
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	69
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	71
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	76
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	49
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	19
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	22
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	15
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	26
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	24
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	28
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	17
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	18
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	11
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	11
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	55
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	54
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	38
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	33
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	39
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	41
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	31
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	41
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	11
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	14
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	23

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28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	22
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	18
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	11
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	5
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	19
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	23
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	40
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	14
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	31
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	21
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	23
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	30
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	22
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	23
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	4
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	22
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	21
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	1
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	12
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	26
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	16
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	22
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	19
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	28
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	2
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	33
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	21
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	16
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	42
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	37
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	1
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	8
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	8
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	29
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	23
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	19

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28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	28
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	26
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	23
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	17
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	18
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	22
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	19
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	44
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	16
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	46
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	19
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	3
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	39
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	42
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	45
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	59
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	8
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	40
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	39
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	40
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	41
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	32
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	33
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	40
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	32
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	53
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	17
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	11
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	13
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	12
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	17
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	28
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	10
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	10
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	56

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28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	52
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	107
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	27
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	109
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	109
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	60
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	200
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	200
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	29
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	200
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	200
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	228
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	226
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	228
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	218
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	179
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	270
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	293
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	157
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	161
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	76
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	74
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	223
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	200
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	246
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	200
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	200
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	200
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	188
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	202
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	200
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	200
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	195
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	200
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	190
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	255

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28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	130
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	219
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	200
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	197
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	10
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	13
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	4
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	42
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	22
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	22
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	22
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	60
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	70
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	22
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	29
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	22
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	33
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	22
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	24
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	22
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	24
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	40
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	22
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	48
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	44
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	22
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	22
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	22
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	200
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	36
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	57
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	61
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	36
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	29
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	79
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	114

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	225
21419	KFC, biscuit	49.0	1.0 biscuit	264
21420	KFC, Coleslaw	112.0	1.0 package	22
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	140
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	456
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	354
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	160
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	92
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	287
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	203
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	131
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	99
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	477
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	388
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	158
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	89
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	310
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	183
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	150
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	97
21422	KFC, Popcorn Chicken	6.4	1.0 piece	19
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	173
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	736
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	143
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	61
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	20
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	71
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	74
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	74
11241	Kohlrabi, raw	135.0	1.0 cup	62
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	37
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	34
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	330
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	266
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	194
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	287

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	242
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	36
09149	Kumquats, raw	19.0	1.0 fruit without refuse	4
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	166
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	48
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	176
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	53
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	126
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	142
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	45
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	150
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	48
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	162
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	184
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	167
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	198
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	194
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	56
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	201
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	61
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	128
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	168
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	128
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	186

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	173
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	50
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	181
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	54
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	190
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	54
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	201
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	61
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	169
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	47
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	182
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	55
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	173
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	178
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	183
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	190
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	172
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	49
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	182
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	54
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	182
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	52
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	187
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	56

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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	141
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	148
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	141
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	143
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	169
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	184
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	178
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	187
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	150
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	171
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	97
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	20
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	160
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	171
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	48
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	188
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	55
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	150
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	43
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	48
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	156
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	44
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	50

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	166
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	144
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	237
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	144
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	239
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	97
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	21
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	160
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	45
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	164
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	47
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	178
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	54
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	174
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	190
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	54
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)	246
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	48
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	48
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)	246
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)	224
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	53
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	168
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	50
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	170
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	52
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	177
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	55

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	156
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	45
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	157
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	46
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	173
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	54
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	162
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	48
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	165
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	50
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	175
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	55
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	167
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	153
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	43
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	171
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	157
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	45
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	192
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	175
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	54
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	151
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	141
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	39
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	156
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	144
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	41
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)	313
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	166
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	51
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	175
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	167

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	156
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	45
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	178
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	46
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	157
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	170
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	197
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	186
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	172
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	53
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	157
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	168
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	156
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	45
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	159
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	171
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	157
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	46
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	172
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	184
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	169
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	52
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	158
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	168
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	156
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	45
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	164
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	171
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	157
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	46

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	173
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	184
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	170
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	52
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	171
17224	Lamb, ground, raw	28.35	1.0 oz	45
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	326
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	370
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	129
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	203
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	174
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	227
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	104
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	146
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	116
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	185
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	140
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	181
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	147
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	196
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	115
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	24
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	184
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	48
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	179
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	51
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	209
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	57
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	149
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	48

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	185
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	188
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	54
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	199
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	177
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	181
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	48
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	204
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	147
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	43
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	167
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	170
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	48
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	183
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	104
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	176
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	201
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	231
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	144
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	190
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	153
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	209
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	265
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	277
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	178
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	204
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	190
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	228
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	390
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	431

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	165
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	171
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	198
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	217
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	152
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	176
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	174
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	218
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	199
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	245
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	199
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	245
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	156
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	176
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	165
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	198
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	151
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	170
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	167
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	198
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	166
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	210
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	170
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	217
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	166
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	190
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	178
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	213
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	138
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	181
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	149
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	214
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	150
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	169
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	167

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	201
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	468
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	350
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	228
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	250
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	228
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	251
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	257
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	202
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	122
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	160
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	171
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	223
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	181
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	223
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	286
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	421
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	77
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	216
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	50
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	246
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	70
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	357
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	363
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	103
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	160
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	62
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	96
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	366
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	113
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	290
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	79
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	114
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	52

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	81
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	81
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	1
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	36
04002	Lard	12.8	1.0 tbsp	0
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	137
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	105
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	141
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	241
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	213
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	318
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	250
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	230
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	101
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	456
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	343
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	25
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	57
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	109
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	21
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	21
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	31
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	1
11972	Lemon grass (citronella), raw	67.0	1.0 cup	68
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	1
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	1
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	1
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	20
09152	Lemon juice, raw	244.0	1.0 cup	20
09156	Lemon peel, raw	6.0	1.0 tbsp	1
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	3
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	3
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	1
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	34
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	356
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	356
16144	Lentils, pink or red, raw	192.0	1.0 cup	564
16069	Lentils, raw	192.0	1.0 cup	540
11248	Lentils, sprouted, raw	77.0	1.0 cup	133
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	18
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	14
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	10
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	14
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	8
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	374
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	404
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	176
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	88
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	221
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	221
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	202
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	202
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	171
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	165
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	165
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	118
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	212
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	178
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	209
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	209
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	685
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	231
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	231
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	747
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	25
09160	Lime juice, raw	242.0	1.0 cup	34
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
09159	Limes, raw	67.0	1.0 fruit (2" dia)	12
09165	Litchis, dried	2.5	1.0 fruit	5

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
09164	Litchis, raw	190.0	1.0 cup	59
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	225
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	143
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	206
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	238
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	202
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	224
07040	Liver cheese, pork	28.35	1.0 oz	59
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	41
07911	Liverwurst spread	55.0	0.25 cup	126
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	38
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	72
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	40
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	47
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	70
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	135
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	129
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	75
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	82
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	44
09173	Longans, dried	1.7	1.0 fruit	3
09172	Longans, raw	3.2	1.0 fruit without refuse	1
09174	Loquats, raw	149.0	1.0 cup, cubed	40
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	47
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	47
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	81
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	61
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	85
07045	Luncheon meat, pork, canned	28.35	1.0 oz	23
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	61
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	28
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	62
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	212
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	212
16076	Lupins, mature seeds, raw	180.0	1.0 cup	792

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	52
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	232
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	66
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	442
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	98
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	115
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	207
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	222
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	163
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	399
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	200
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	67
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	97
11986	Malabar spinach, cooked	44.0	1.0 cup	16
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	5
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	93
09436	Mango nectar, canned	251.0	1.0 cup	5
09176	Mangos, raw	165.0	1.0 cup pieces	23
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	16
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	1
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	1
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	7
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	1
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	1
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	1
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	1
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	1
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	1
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	1
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	1
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	1
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	1
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	2
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	5
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	1
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	3
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	1
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	2
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	3
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	1
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	2
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	2
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	2
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	2
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	2
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	2
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	2
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	2
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	2
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	1
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	4
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	2
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	1
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	3
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	3
19303	Marmalade, orange	20.0	1.0 tbsp	1
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	31
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	4
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	7
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	2
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	476

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	100
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	28
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	8
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	689
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	267
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	260
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	167
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	174
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	13
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	907
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	257
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	462
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	252
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	184
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	162
21238	McDONALD'S, french fries	71.0	1.0 small serving	90
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	125
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	101
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	102
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	52
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	204
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	229
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	16
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	387
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	391
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	328
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	19
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	182
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	207
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	404
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	374
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	19
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	38
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	43
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	25

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	370
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	390
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	212
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	320
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	247
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	226
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	378
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	494
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	183
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	427
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	187
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	282
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	611
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	469
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	5
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	162
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	4
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	15
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	100
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
16106	Meat extender	88.0	1.0 cup	562
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	203
43132	Meatballs, meatless	144.0	1.0 cup	495
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	21
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	27
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	8
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	19
08510	Milk and cereal bar	25.0	1.0 bar	39
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	56
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	169
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	36
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	33
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	181
01094	Milk, buttermilk, dried	30.0	0.25 cup	280
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	218
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	201

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	208
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	97
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	62
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	64
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	64
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	512
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	262
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	190
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	255
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	252
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	240
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	287
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	670
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	670
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	290
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	290
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	248
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	993
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	512
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	237
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	237
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	232
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	249
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	34
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	4
43543	Milk, imitation, non-soy	244.0	1.0 cup	244
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	285
01089	Milk, low sodium, fluid	244.0	1.0 cup	210
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	273
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	245
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	232
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	276
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	255
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	247
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	247
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	227

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	276
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	245
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	274
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	224
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	226
01109	Milk, sheep, fluid	245.0	1.0 cup	387
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	205
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	205
20647	Millet flour	119.0	1.0 cup	339
20032	Millet, cooked	174.0	1.0 cup	174
43483	Millet, puffed	21.0	1.0 cup	56
20031	Millet, raw	200.0	1.0 cup	570
16112	Miso	17.0	1.0 tbsp	27
19304	Molasses	337.0	1.0 cup	104
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	184
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	162
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	278
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	97
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	160
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	287
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	168
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	276
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	493
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	329
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	242
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	296
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	237
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	158
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	118
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	135
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	98
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	79
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	128
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	165
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	81
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	61

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	81
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	362
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	73
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	240
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	100
90560	Mollusks, snail, raw	85.0	3.0 oz	231
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	213
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	63
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	240
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	120
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	84
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	76
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	70
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	68
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	52
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	82
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	278
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	46
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	309
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	15
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	15
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	116
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	69
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	95
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	104
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	58
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	89
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	103
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	150
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	42
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	108
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	82
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	54
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	110
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	56
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	103

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	118
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	141
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	157
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	88
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	213
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	121
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	57
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	54
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	91
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	134
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	68
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	61
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	196
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	66
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	209
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	24
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	82
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	140
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	21
07050	Mortadella, beef, pork	28.35	1.0 oz	27
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	266
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	266
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	958
07061	Mother's loaf, pork	28.35	1.0 oz	37
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	18
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	13
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	18
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	26
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	32
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	16
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	18
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	18
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	17
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	11
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	18
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	36

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	14
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	13
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	12
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	13
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	19
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	21
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	58
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	58
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	23
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	89
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	41
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	95
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	41
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	17
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	54
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	81
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	109
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	50
18281	Muffins, corn, toaster-type	28.35	1.0 oz	43
18283	Muffins, oat bran	28.35	1.0 oz	107
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	43
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	136
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	81
09190	Mulberries, raw	140.0	1.0 cup	53
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	200
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	200
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	760
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	35
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	35
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	98
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	56
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	281
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	281
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	785
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	33
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	24

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	22
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	25
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	24
28274	MURRAY, Honey Graham	31.0	8.0 crackers	14
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	16
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	15
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	16
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	16
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	36
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	19
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	8
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	8
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	40
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	36
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	31
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	35
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	25
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	14
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	15
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	27
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	50
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	32
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	23
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	29
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	15
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	11
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	19
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	15
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	13
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	13
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	60
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	104
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	104
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	103
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	31
11950	Mushrooms, enoki, raw	5.0	1.0 large	5

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	52
11240	Mushrooms, morel, raw	66.0	1.0 cup	128
11987	Mushrooms, oyster, raw	148.0	1.0 large	178
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	163
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	93
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	163
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	93
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	42
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	42
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	11
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	21
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	99
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	111
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	136
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	136
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	60
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	113
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	59
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	59
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	36
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	36
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	44
11270	Mustard greens, raw	56.0	1.0 cup, chopped	32
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	32
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	32
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	42
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	5
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	77
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	57
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	11
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	9
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	11
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	1
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	11
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	14
16113	Natto	175.0	1.0 cup	304

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
09191	Nectarines, raw	143.0	1.0 cup slices	37
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	31
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	40
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	40
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	16
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	45
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	45
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	122
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	122
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	92
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	92
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	122
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	91
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	73
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	122
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	39
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	28
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	145
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	48
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	46
11964	Nopales, cooked, without salt	149.0	1.0 cup	24
11963	Nopales, raw	86.0	1.0 cup, sliced	14
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	250
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	29
12059	Nuts, acorns, dried	28.35	1.0 oz	29
12058	Nuts, acorns, raw	28.35	1.0 oz	22
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	81
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	81
12071	Nuts, almond paste	28.35	1.0 oz	73
12061	Nuts, almonds	143.0	1.0 cup, whole	688
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	697
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	650
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	650
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	576
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	732
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	732

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12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	732
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	964
12084	Nuts, butternuts, dried	120.0	1.0 cup	535
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	62
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	73
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	671
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	671
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	685
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	685
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	168
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	19
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	44
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	27
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	29
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	28
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	39
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	50
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	11
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	135
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	153
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	7
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	262
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	20
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	26
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	4
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	18
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	59
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	58
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	79
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	85
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	100
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	60
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	90
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	217
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	142

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	240
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	48
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	104
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	105
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	84
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	76
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	35
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	334
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	88
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	88
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	403
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	261
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	261
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	252
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	544
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	725
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	596
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	574
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	129
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	611
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	611
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	123
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	647
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	647
12142	Nuts, pecans	109.0	1.0 cup, chopped	302
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	83
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	83
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	289
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	289
12145	Nuts, pilinuts, dried	120.0	1.0 cup	690
12147	Nuts, pine nuts, dried	135.0	1.0 cup	776
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	10
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	577
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	577
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	603
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	641

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	92
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	405
20034	Oat bran, cooked	219.0	1.0 cup	261
20033	Oat bran, raw	94.0	1.0 cup	690
20132	Oat flour, partially debranned	104.0	1.0 cup	470
20038	Oats	156.0	1.0 cup	816
09192	Oheloberries, raw	140.0	1.0 cup	14
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
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
04047	Oil, coconut	13.6	1.0 tbsp	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	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	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	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	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	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
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
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
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

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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	73
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	26
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	26
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	34
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	34
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	40
11278	Okra, raw	100.0	1.0 cup	61
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	586
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	717
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	772
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	315
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	210
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	36
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	720
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	757
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	84
36045	ON THE BORDER, refried beans	135.0	1.0 cup	185
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	609
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	34
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	42
11285	Onions, canned, solids and liquids	63.0	1.0 onion	18
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	74
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	74
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	15
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	3
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	3
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	21
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	4
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	4
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	22
11282	Onions, raw	160.0	1.0 cup, chopped	46

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	37
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	40
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	29
11292	Onions, young green, tops only	6.0	1.0 tbsp	2
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	42
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	42
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	117
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	117
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	42
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	37
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	194
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	160
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	820
09206	Orange juice, raw	248.0	1.0 cup	42
09216	Orange peel, raw	6.0	1.0 tbsp	1
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	27
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	35
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	25
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	31
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	22
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	38
09205	Oranges, raw, with peel	170.0	1.0 cup	37
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	31
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	169
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	150
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	61
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	49
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	22
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	63
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	179
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	208
05641	Ostrich, ground, raw	109.0	1.0 patty	217
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	207
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	187
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	215
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	192

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	188
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	216
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	195
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	239
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	173
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	184
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	187
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	213
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	181
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	208
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	182
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	68
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)	125
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	61
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	43
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	259
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	39
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	147
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	312
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	95
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	178
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	89
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	99
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	38
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	45
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	200
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	169
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	300
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	222
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	106
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	238
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	213
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	241
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	245
09229	Papaya nectar, canned	250.0	1.0 cup	0
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
09226	Papayas, raw	145.0	1.0 cup 1" pieces	14
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	35
11625	Parsley, freeze-dried	0.4	1.0 tbsp	2
11297	Parsley, fresh	60.0	1.0 cup chopped	35
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	54
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	54
11298	Parsnips, raw	133.0	1.0 cup slices	94
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	32
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	62
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	160
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	155
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	161
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	190
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	175
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	108
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	98
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	72
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	72
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	72
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	72
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	172
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	172
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	209
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	81
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	189
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	32
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	147
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	47
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	151
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	106
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	266
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	160
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	30
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	23
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	113
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	229

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	128
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	261
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	149
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	312
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	86
07052	Pastrami, turkey	57.0	2.0 slices	114
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	48
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	26
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	23
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	26
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	26
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	112
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	15
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	15
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	29
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	27
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	29
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	27
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	42
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	28
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	24
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	160
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	188
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	94
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	98
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	190
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	28
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	22
09236	Peaches, yellow, raw	154.0	1.0 cup slices	31
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	68
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	102
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	102
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	101
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	51
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	107
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	107

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16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	133
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	118
16099	Peanut flour, defatted	60.0	1.0 cup	456
16100	Peanut flour, low fat	60.0	1.0 cup	305
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	108
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	125
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	103
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	530
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	572
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	572
16087	Peanuts, all types, raw	28.35	1.0 oz	107
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	569
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	569
16091	Peanuts, spanish, raw	146.0	1.0 cup	566
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	459
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	459
16093	Peanuts, valencia, raw	146.0	1.0 cup	491
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	724
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	724
16095	Peanuts, virginia, raw	146.0	1.0 cup	555
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	8
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	8
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	13
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	19
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	17
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	19
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	16
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	30
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	18
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	17
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	76
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	71
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	106
09252	Pears, raw	140.0	1.0 cup, slices	17
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	15
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	20

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	18
09413	Pears, raw, red anjou	126.0	1.0 small	16
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	117
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	117
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	39
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	136
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	42
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	61
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	61
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	61
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	41
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	88
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	88
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	93
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	93
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	73
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	52
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	117
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	167
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	57
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	66
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	78
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	123
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	187
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	187
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	62
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	62
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	110
11304	Peas, green, raw	145.0	1.0 cup	157
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	632
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	198
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	194
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	194
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	1
11230	Pepeao, dried	24.0	1.0 cup	28
11976	Pepper, banana, raw	124.0	1.0 cup	40

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
07056	Peppered loaf, pork, beef	100.0	3.52 slices	170
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	9
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	6
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	8
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	11
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	9
02064	Peppermint, fresh	0.1	2.0 leaves	0
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	134
11978	Peppers, ancho, dried	17.0	1.0 pepper	34
11980	Peppers, chili, green, canned	139.0	1.0 cup	15
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	59
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	12
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	21
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	12
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	19
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	4
11981	Peppers, hungarian, raw	27.0	1.0 pepper	8
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	24
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	23
11982	Peppers, pasilla, dried	7.0	1.0 pepper	19
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	42
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	28
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	2
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	24
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	18
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	16
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	30
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	17
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	28
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	2
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	24
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	1
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	18
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	18
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	16

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	39
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	24
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	45
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	28
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	29
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	6
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	170
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	339
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	277
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	182
05154	Pheasant, raw, meat only	85.0	3.0 oz	196
18338	Phyllo dough	28.35	1.0 oz	21
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	58
11958	Pickle relish, hamburger	15.0	1.0 tbsp	3
11944	Pickle relish, hot dog	15.0	1.0 tbsp	6
11945	Pickle relish, sweet	15.0	1.0 tbsp	2
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	54
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	6
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	6
11941	Pickles, cucumber, sour	155.0	1.0 cup	22
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	20
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	29
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	1
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	35
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	218
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	33
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	19
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	101
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	156
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	153
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	103
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	103
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	24
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	17
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	13
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	126

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	75
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	15
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	14
19312	Pie fillings, apple, canned	74.0	0.125 can	5
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	18
19314	Pie fillings, canned, cherry	74.0	0.125 can	11
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	13
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	7
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	7
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	8
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	47
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	26
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	7
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	9
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	8
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	9
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	95
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	65
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	48
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	24
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	35
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	38
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	32
18444	Pie, fried pies, cherry	28.35	1.0 oz	12
18319	Pie, fried pies, fruit	28.35	1.0 oz	12
18445	Pie, fried pies, lemon	28.35	1.0 oz	12
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	30
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	12
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	12
18323	Pie, peach	28.35	1.0 oz	6
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	24
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	27
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	23
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	28
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	29
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	200

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	200
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	752
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	181
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	181
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	196
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	105
11943	Pimento, canned	12.0	1.0 tbsp	2
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	20
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	20
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	22
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	22
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	60
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	18
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	18
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	13
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	15
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	18
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	10
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	10
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	13
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	13
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	15
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	19
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	239
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	241
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	219
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	209
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	197
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	254
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	239
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	242
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	291
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	235
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	227
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	218
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	195

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	227
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	224
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	219
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	225
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	55
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	110
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	145
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	331
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	148
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	259
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	359
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	215
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	249
09278	Plantains, cooked	200.0	1.0 cup, mashed	56
09446	Plantains, green, fried	118.0	1.0 cup	52
09277	Plantains, raw	148.0	1.0 cup, sliced	50
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	73
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	27
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	31
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	34
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	38
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	33
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	32
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	82
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	74
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	120
09279	Plums, raw	165.0	1.0 cup, sliced	26
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	48
11349	Poi	240.0	1.0 cup	94
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	54
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	54
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	70
07059	Polish sausage, pork	85.0	3.0 oz	116
09442	Pomegranate juice, bottled	249.0	1.0 cup	27
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	31
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	75

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	22
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	16
21415	POPEYES, biscuit	60.0	1.0 biscuit	185
21416	POPEYES, Coleslaw	120.0	1.0 package	24
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	371
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	289
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	130
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	91
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	211
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	155
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	85
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	30
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	143
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	146
18339	Popovers, dry mix, enriched	28.35	1.0 oz	28
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	28
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	14
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	78
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	145
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	188
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	52
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	40
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	58
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	38
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	157
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	130
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	33
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	94
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	8
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	41
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	43
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	35
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	45
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	40
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	116
10132	Pork, cured, feet, pickled	28.35	1.0 oz	25

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	202
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	62
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	209
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	200
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	176
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	61
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	184
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	195
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	213
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	62
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	221
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	200
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	239
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	241
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	228
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	74
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	230
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	225
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	181
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	58
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	188
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	62
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	164
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	53
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	172
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	178
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	212
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	60
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	219
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	189
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	326
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	331
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	190
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	65
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	190
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	195

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	221
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	65
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	230
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	215
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	207
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	66
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	217
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	212
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	238
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	211
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	247
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	219
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	273
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	274
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	447
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	78
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	80
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	452
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	270
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	86
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	270
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	86
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	274
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	347
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	330
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	56
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	70
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	393
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	90
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	61
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	293
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	314
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	309
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	290
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	75
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	42

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	340
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	224
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	213
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	234
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	76
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	144
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	167
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	218
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	69
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	229
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	73
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	242
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	212
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	252
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	224
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	74
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	281
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	318
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	325
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	15
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	45
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	28
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	309
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	340
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	133
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	56
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	11
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	140
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	131
10005	Pork, fresh, belly, raw	28.35	1.0 oz	31
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	355
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	44
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	136
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	34
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	55

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	196
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	61
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	188
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	57
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	189
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	58
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	199
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	59
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	246
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	192
10219	Pork, fresh, ground, raw	28.35	1.0 oz	50
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	344
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	61
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	232
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	200
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	206
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	173
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	222
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	190
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	355
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	56
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	379
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	65
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	176
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	192
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	198
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	207
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	181
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	205
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	192
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	190
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	217
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	201
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	241
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	165

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	173
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	228
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	235
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	191
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	187
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	213
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	178
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	203
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)	333
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	228
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	187
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	189
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	173
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	276
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	252
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	181
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	190
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)	270
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	184
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	164
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	176
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	181
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)	234
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	189
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	195
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	185
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	201
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	146
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	201
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	194
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	147
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	208
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	201

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	196
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	207
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	182
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	189
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	323
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	295
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	332
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	374
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)	174
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)	247
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	346
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	324
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	348
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	406
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)	166
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	173
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	178
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	186
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	210
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	213
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	242
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	238
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	258
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	255
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	247
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	248
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	250
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	252
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	194
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)	200
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	258
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	264

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	246
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	225
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	207
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	268
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	243
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	251
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	227
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	210
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	269
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	298
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	334
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	402
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	192
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	328
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)	476
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	356
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	310
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	344
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	416
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	199
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	339
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	480
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	301
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	190
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	184
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	193
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	191
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	154
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	209
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	206
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	167
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	156
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	215
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	212
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	179

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	31
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	24
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	177
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	162
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	193
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	179
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	184
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	172
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	199
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	190
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	204
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	308
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	170
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	216
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	210
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	186
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	167
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	200
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	178
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	187
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	286
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	52
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	298
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	57
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	222
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	138
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	120
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	187
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	80
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	56
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	14
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	27
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	12
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	70

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	21
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	258
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	48
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	24
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	336
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	58
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	5
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	205
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	82
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	158
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	56
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	57
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	247
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	66
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	241
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	74
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	110
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	37
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	40
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	14
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	148
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	55
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	217
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	154
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	192
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	188
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	182
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	222
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	222
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	215
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	176
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	201
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	197
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	188
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	28
10898	Pork, pickled pork hocks	117.0	3.0 oz	70

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	204
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	195
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	240
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	234
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	55
11413	Potato flour	160.0	1.0 cup	269
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	28
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	66
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	77
22971	Potato salad with egg	125.0	0.5 cup	66
11414	Potato salad, home-prepared	250.0	1.0 cup	130
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	109
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	130
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	105
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	277
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	277
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	43
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	104
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	30
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	30
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	59
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	59
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	34
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	34
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	18
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	18
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	31
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	31
11376	Potatoes, canned, drained solids	180.0	1.0 cup	50
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	50
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	66
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	43
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	66
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	74
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	54
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	72

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	30
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	32
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	66
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	67
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	27
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	24
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	119
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	120
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	32
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	48
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	50
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	58
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	118
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	49
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	49
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	109
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	159
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	111
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	94
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	474
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	490
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	82
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	118
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	130
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	126
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	97
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	94
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	101
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	126
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	140
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)	212
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	85
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	85
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	48
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	212
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	48

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	97
11362	Potatoes, raw, skin	38.0	1.0 skin	14
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	215
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	46
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	212
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	41
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	137
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	51
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	154
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	154
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	224
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	46
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	184
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	4
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	300
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	350
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	300
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	3
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	4
43109	Pretzels, soft	143.0	1.0 large	113
25024	Pretzels, soft, unsalted	143.0	1.0 large	113
09287	Prickly pears, raw	149.0	1.0 cup	36
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	2
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	350
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	71
09294	Prune juice, canned	256.0	1.0 cup	64
09423	Prune puree	36.0	2.0 tbsp	26
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	61
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	104
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	148
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	20
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	189
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	14
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	796
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	318
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	262

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	796
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	4
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	118
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	94
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	4
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	164
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	17
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	71
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	338
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	351
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	87
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	120
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	124
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	16
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	61
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	714
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	295
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	294
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	31
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	125
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	123
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	744
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	17
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	301
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	3
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	3
19194	Puddings, rice, dry mix	106.0	1.0 package	41
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	111
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	109
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	93
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	4
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	105
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	104
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	4
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	17
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	74

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	698
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	280
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	2
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	106
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	104
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	3
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	12
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	53
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	17
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	17
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	401
09295	Pummelo, raw	190.0	1.0 cup, sections	32
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	46
11416	Pumpkin flowers, raw	33.0	1.0 cup	16
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	56
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	56
11418	Pumpkin leaves, raw	39.0	1.0 cup	41
11426	Pumpkin pie mix, canned	270.0	1.0 cup	122
11846	Pumpkin, canned, with salt	245.0	1.0 cup	86
11424	Pumpkin, canned, without salt	245.0	1.0 cup	86
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	74
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	74
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	46
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	51
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	43
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	43
11427	Purslane, raw	43.0	1.0 cup	19
05159	Quail, breast, meat only, raw	85.0	3.0 oz	194
43282	Quail, cooked, total edible	28.35	1.0 oz	79
05157	Quail, meat and skin, raw	109.0	1.0 quail	300
05158	Quail, meat only, raw	92.0	1.0 quail	282
09296	Quinces, raw	92.0	1.0 fruit without refuse	16
20137	Quinoa, cooked	185.0	1.0 cup	281
20035	Quinoa, uncooked	170.0	1.0 cup	777
11952	Radicchio, raw	40.0	1.0 cup, shredded	16
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	43

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	46
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	35
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	35
11432	Radishes, oriental, dried	116.0	1.0 cup	237
11430	Radishes, oriental, raw	116.0	1.0 cup slices	27
11429	Radishes, raw	116.0	1.0 cup slices	23
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	14
09297	Raisins, golden seedless	165.0	1.0 cup, packed	190
09299	Raisins, seeded	165.0	1.0 cup, packed	124
09298	Raisins, seedless	165.0	1.0 cup, packed	167
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	14
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	23
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	42
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	41
09302	Raspberries, raw	123.0	1.0 cup	36
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	53
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	124
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	121
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	105
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	3
16172	Refried beans, canned, fat-free	231.0	1.0 cup	256
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	219
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	219
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	276
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	436
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	506
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	326
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	76
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	70
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	679
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	568
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	847
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	842
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	711
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	445
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	953

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	810
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	233
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	333
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	349
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	597
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	141
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	27
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	468
36014	Restaurant, family style, french fries	170.0	1.0 serving	211
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	779
36039	Restaurant, family style, hash browns	94.0	1.0 cup	67
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	186
36036	Restaurant, family style, onion rings	259.0	1.0 serving	243
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	509
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	382
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	119
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	517
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	683
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	813
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	327
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	224
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	115
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	401
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	353
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	442
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	235
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	268
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	110
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	172
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	92
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	181
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	317
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	198
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	154
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	170

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	84
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	654
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	711
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	486
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	189
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	483
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	66
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	19
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	16
09307	Rhubarb, raw	122.0	1.0 cup, diced	17
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	82
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	76
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	84
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	71
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	114
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	105
08546	Rice and Wheat cereal bar	22.0	1.0 bar	30
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	320
20060	Rice bran, crude	118.0	1.0 cup	1979
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	15
20090	Rice flour, brown	158.0	1.0 cup	532
20061	Rice flour, white, unenriched	158.0	1.0 cup	155
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	210
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	228
20134	Rice noodles, cooked	176.0	1.0 cup	35
20133	Rice noodles, dry	57.0	2.0 oz	87
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	208
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	575
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	150
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	502
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	149
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	132
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	14
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	131
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	87

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	283
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	87
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	283
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	112
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	61
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	68
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	68
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	68
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	213
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	213
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	68
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	69
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	69
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	211
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	211
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	68
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	61
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	190
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	190
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	44
07912	Roast beef spread	57.0	1.0 serving .25 cup	66
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	23
18344	Rolls, dinner, egg	28.35	1.0 oz	29
18345	Rolls, dinner, oat bran	28.35	1.0 oz	33
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	34
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	36
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	68
28348	Rolls, dinner, sweet	30.0	1.0 roll	38
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	29
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	63
18349	Rolls, french	28.35	1.0 oz	24
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	45
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	88
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	39
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	103
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	79

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	122
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	35
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	44
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	24
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	66
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	28
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	62
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	77
09311	Roselle, raw	57.0	1.0 cup, without refuse	21
02063	Rosemary, fresh	0.7	1.0 tsp	0
09428	Rowal, raw	114.0	0.5 cup	59
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	13
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	259
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	49
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	70
11435	Rutabagas, raw	140.0	1.0 cup, cubes	74
20063	Rye flour, dark	128.0	1.0 cup	639
20065	Rye flour, light	102.0	1.0 cup	133
20064	Rye flour, medium	102.0	1.0 cup	230
20062	Rye grain	169.0	1.0 cup	561
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	21
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	4
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	11
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	18
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	8
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	12
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	29
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	3
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	10
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	3
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	4
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	5
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	3
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	3
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	2

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	3
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	3
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	5
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	8
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	7
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	2
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	2
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	1
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	15
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	1
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	2
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	4
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	9
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	1
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	4
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	2
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	9
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	2
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	4
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	3
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	4
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	4
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	1
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	3
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	16
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	16
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	29
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	28
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	3
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	6
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	6

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	2
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	4
07068	Salami, cooked, beef	26.0	1.0 slice	53
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	23
07070	Salami, cooked, turkey	28.0	1.0 serving	74
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	259
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	19
07926	Salami, Italian, pork	28.0	1.0 oz	64
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	40
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	272
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	80
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	702
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	201
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	273
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	100
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	76
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	76
02047	Salt, table	6.0	1.0 tsp	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	33
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	9
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	4
09313	Sapodilla, raw	241.0	1.0 cup, pulp	29
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	46
06150	Sauce, barbecue	17.0	1.0 tbsp	3
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	4
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	4
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	3
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	3
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	4
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	99
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	2
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	18
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	3
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	6

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	1
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	6
06166	Sauce, homemade, white, medium	250.0	1.0 cup	245
06167	Sauce, homemade, white, thick	250.0	1.0 cup	240
06165	Sauce, homemade, white, thin	250.0	1.0 cup	252
27066	Sauce, horseradish	5.6	1.0 tsp	1
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	3
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	3
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	3
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	6
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	4
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	45
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	44
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	6
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	19
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	2
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	172
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	60
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	89
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	172
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	81
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	32
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	4
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	1
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	1
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	12
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	12
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	143
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	11
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	2
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	5
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	28
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	55
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	3
06971	Sauce, worcestershire	17.0	1.0 tbsp	10
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	28

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	30
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	111
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	375
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	141
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	160
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	87
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	104
16107	Sausage, meatless	25.0	1.0 link	56
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	75
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	81
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	137
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	125
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	103
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	50
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	87
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	104
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	8
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	39
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	161
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	190
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	418
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	452
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	352
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	411
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	378
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	401
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	360
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	423
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	191
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	390
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	381
07951	Scrapple, pork	17.0	1.0 cubic inch	13
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	13
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	8

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	16
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	4
11446	Seaweed, laver, raw	26.0	10.0 sheets	15
11667	Seaweed, spirulina, dried	112.0	1.0 cup	132
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	8
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	35
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	50
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	50
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	285
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	19
12006	Seeds, chia seeds, dried	28.35	1.0 oz	244
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	450
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1501
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1192
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	477
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	66
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	495
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	200
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	48
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1591
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1385
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1385
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	59
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	59
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	183
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	181
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	105
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	113
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	110
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	111
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	118
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	229
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	215
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	230
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	219
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1000

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	991
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	991
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	906
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	181
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	4
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	107
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	107
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	441
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1478
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	304
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1478
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1478
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1538
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1538
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1552
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1552
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	815
20066	Semolina, enriched	167.0	1.0 cup	227
20466	Semolina, unenriched	167.0	1.0 cup	227
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	22
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	22
11447	Sesbania flower, raw	3.0	1.0 flower	1
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	20
11640	Shallots, freeze-dried	0.9	1.0 tbsp	3
11677	Shallots, raw	10.0	1.0 tbsp chopped	6
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	30
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

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
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
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	0
21140	Side dishes, potato salad	95.0	0.333 cup	53
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	107
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	93
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	130
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	31
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	36
25046	Snacks, bagel chips, plain	28.35	1.0 oz	37
19400	Snacks, banana chips	28.35	1.0 oz	16
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	115
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	51
25059	Snacks, brown rice chips	9.0	1.0 cake	32
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	38
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	4
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	200
19419	Snacks, corn cakes	9.0	1.0 cake	14
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	14
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	59
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	59
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	54
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	162
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	12
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	20
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	36
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	31
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	80
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	47
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	38

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	69
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	63
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	61
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	7
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	5
19014	Snacks, fruit leather, rolls	21.0	1.0 large	7
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	48
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	38
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	95
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	59
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	67
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	199
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	124
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	95
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	133
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	36
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	50
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	44
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	65
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	58
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	39
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	58
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	100
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	67
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	70
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	64
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	76
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	57
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	67
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	70
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	73
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	64
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	95
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	43
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	92
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	9

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	78
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	41
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	58
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	93
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	74
25037	Snacks, pita chips, salted	28.35	1.0 oz	35
25027	Snacks, plantain chips, salted	28.35	1.0 oz	22
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	29
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	24
19036	Snacks, popcorn, cakes	10.0	1.0 cake	28
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	36
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	24
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	40
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	20
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	86
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	75
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	20
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	22
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	28
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	62
19041	Snacks, pork skins, plain	28.35	1.0 oz	24
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	41
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	85
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	47
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	49
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	41
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	36
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	46
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	37
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	37
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	48
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	47
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	47
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	43
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	47
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	55

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	50
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	93
19415	Snacks, potato sticks	28.35	1.0 oz	49
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	41
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	32
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	32
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	32
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	36
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	35
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	34
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	34
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	29
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	33
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	33
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	32
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	34
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	34
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	34
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	32
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	39
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	39
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	2
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	41
19524	Snacks, taro chips	28.35	1.0 oz	37
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	200
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	69
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	90
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	71
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	69
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	90
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	64
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	71
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	68
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	52
19059	Snacks, trail mix, regular	150.0	1.0 cup	518
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	518

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	565
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	565
19061	Snacks, trail mix, tropical	140.0	1.0 cup	260
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	56
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	37
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	28
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	140
20648	Sorghum flour, whole-grain	121.0	1.0 cup	336
20067	Sorghum grain	192.0	1.0 cup	555
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	32
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	331
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	165
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	143
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	127
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	128
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	126
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	120
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	105
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	104
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	32
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	31
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	12
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	7
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	31
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	8
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	7
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	20
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	37
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	34
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	46
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	46
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	120
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	193
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	94
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	4
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	51

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	41
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	251
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	136
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	89
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	9
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	12
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	7
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	7
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	76
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	73
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	43
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	72
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	10
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	25
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	24
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	27
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	27
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	47
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	45
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	144
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	29
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	42
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	103
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	72
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	47
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	40
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	53
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	22
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	110
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	297
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	144
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	122
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	191
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	67
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	67
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	84

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	42
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	40
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	328
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	436
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	315
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	165
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	161
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	39
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	154
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	39
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	38
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	151
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	37
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	39
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	29
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	151
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	37
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	97
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	30
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	128
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	149
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	30
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	49
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	38
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	154
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	37
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	51
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	161
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	46
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	33
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	152
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	32
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	41
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	36
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	75
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	184

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	110
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	57
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	55
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	83
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	63
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	61
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	37
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	37
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	11
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	16
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	21
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	48
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	162
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	48
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	122
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	239
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	122
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	122
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	178
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	215
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	213
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	92
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	93
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	94
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	93
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	47
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	45
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	74
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	65
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	130
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	25
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	21
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	7
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	113
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	56
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	61

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	173
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	59
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	34
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	32
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	46
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	35
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	159
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	37
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	87
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	35
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	49
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	41
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	104
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	40
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	39
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	7
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	106
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	58
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	39
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	39
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	57
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	35
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	34
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	40
01180	Sour cream, fat free	12.0	1.0 tablespoon	11
01074	Sour cream, imitation, cultured	28.35	1.0 oz	13
01179	Sour cream, light	12.0	1.0 tablespoon	9
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	10
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	10
09315	Soursop, raw	225.0	1.0 cup, pulp	61
16117	Soy flour, defatted	105.0	1.0 cup	708
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	415
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	405
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	594
16119	Soy meal, defatted, raw	122.0	1.0 cup	855
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	238

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	238
16122	Soy protein isolate	28.35	1.0 oz	220
16422	Soy protein isolate, potassium type	28.35	1.0 oz	220
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	17
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	23
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	27
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	24
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	13
43299	Soybean, curd cheese	225.0	1.0 cup	500
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	284
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	284
11450	Soybeans, green, raw	256.0	1.0 cup	497
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	421
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	421
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	604
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1309
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	624
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	624
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	127
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	127
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	57
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	151
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	211
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	78
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	211
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	211
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	124
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	124
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	250
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	211
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	126
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	104
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	139
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	70
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	93
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	151

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
20126	Spaghetti, spinach, dry	57.0	2.0 oz	189
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	140
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	199
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	249
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	40
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	81
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	199
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	199
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	89
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	102
02066	Spearmint, dried	0.5	1.0 tsp	1
02065	Spearmint, fresh	0.3	2.0 leaves	0
20141	Spelt, cooked	194.0	1.0 cup	291
20140	Spelt, uncooked	174.0	1.0 cup	698
02001	Spices, allspice, ground	1.9	1.0 tsp	2
02002	Spices, anise seed	2.1	1.0 tsp, whole	9
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	2
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	1
02005	Spices, caraway seed	2.1	1.0 tsp	12
02006	Spices, cardamom	2.0	1.0 tsp, ground	4
02007	Spices, celery seed	2.0	1.0 tsp	11
02008	Spices, chervil, dried	0.6	1.0 tsp	3
02009	Spices, chili powder	2.7	1.0 tsp	8
02010	Spices, cinnamon, ground	2.6	1.0 tsp	2
02011	Spices, cloves, ground	2.1	1.0 tsp	2
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	3
02013	Spices, coriander seed	1.8	1.0 tsp	7
02014	Spices, cumin seed	2.1	1.0 tsp, whole	10
02015	Spices, curry powder	2.0	1.0 tsp	7
02016	Spices, dill seed	2.1	1.0 tsp	6
02017	Spices, dill weed, dried	1.0	1.0 tsp	5
02018	Spices, fennel seed	2.0	1.0 tsp, whole	10
02019	Spices, fenugreek seed	3.7	1.0 tsp	11
02020	Spices, garlic powder	3.1	1.0 tsp	13

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
02021	Spices, ginger, ground	1.8	1.0 tsp	3
02022	Spices, mace, ground	1.7	1.0 tsp	2
02023	Spices, marjoram, dried	0.6	1.0 tsp	2
02024	Spices, mustard seed, ground	2.0	1.0 tsp	17
02025	Spices, nutmeg, ground	2.2	1.0 tsp	5
02026	Spices, onion powder	2.4	1.0 tsp	8
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	1
02028	Spices, paprika	2.3	1.0 tsp	7
02029	Spices, parsley, dried	0.5	1.0 tsp	2
02030	Spices, pepper, black	2.3	1.0 tsp, ground	4
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	5
02032	Spices, pepper, white	2.4	1.0 tsp, ground	4
02033	Spices, poppy seed	2.8	1.0 tsp	24
02034	Spices, poultry seasoning	1.5	1.0 tsp	3
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	2
02036	Spices, rosemary, dried	1.2	1.0 tsp	1
02037	Spices, saffron	0.7	1.0 tsp	2
02038	Spices, sage, ground	0.7	1.0 tsp	1
02039	Spices, savory, ground	1.4	1.0 tsp	2
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	2
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	2
02043	Spices, turmeric, ground	3.0	1.0 tsp	9
11658	Spinach souffle	136.0	1.0 cup	189
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	75
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	94
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	75
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	101
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	101
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	48
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	48
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	76
11457	Spinach, raw	30.0	1.0 cup	15
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	137
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	132
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	230
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	211

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	771
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	70
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	70
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	43
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	44
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	52
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	52
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	79
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	79
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	46
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	41
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	25
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	67
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	47
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	33
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	67
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	56
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	56
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	27
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	47
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	66
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	92
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	92
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	66
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	66
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	50
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	39
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	39
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	27
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	55
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	55
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	34
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	34
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	25
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	46
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	47

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	47
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	33
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	33
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	24
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	22
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	12
11953	Squash, zucchini, baby, raw	16.0	1.0 large	15
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	194
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	337
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	336
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	57
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	63
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	30
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	33
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	31
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	29
09316	Strawberries, raw	152.0	1.0 cup, halves	36
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	1
18354	Strudel, apple	28.35	1.0 oz	9
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	149
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	213
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	220
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	203
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	287
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	224
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	265
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	271
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	317
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	258
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	224
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	157
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	140
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	225
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	225
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	119
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	119

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	122
19908	Sugar, turbinado	4.6	1.0 tsp	0
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	80
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
19340	Sugars, maple	3.0	1.0 tsp	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	5
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	22
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	20
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	20
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	19
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	20
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	19
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	15
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	20
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	20
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	22
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	20
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	21
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	19
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	20
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	22
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	31
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	22
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	19
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	24
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	24
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	20
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	19
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	12
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	41
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	41
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	22
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	26
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	26

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	28
11514	Sweet potato, canned, mashed	255.0	1.0 cup	133
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	49
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	62
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	125
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	62
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	108
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	105
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	105
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	26
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	77
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	77
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	79
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	63
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	30
18355	Sweet rolls, cheese	28.35	1.0 oz	28
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	22
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	91
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	99
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	0
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	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	137
90480	Syrup, Cane	21.0	1.0 serving	2
19030	Syrup, fruit flavored	20.0	1.0 serving	0
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	12
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	295
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	19
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	40

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
19349	Syrups, corn, dark	328.0	1.0 cup	36
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
19350	Syrups, corn, light	341.0	1.0 cup	0
42040	Syrups, grenadine	20.0	1.0 tbsp	1
19352	Syrups, malt	332.0	1.0 cup	784
19353	Syrups, maple	20.0	1.0 tbsp	0
19355	Syrups, sorghum	330.0	1.0 cup	185
43026	Syrups, sugar free	240.0	1.0 cup	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	25
19129	Syrups, table blends, pancake	314.0	1.0 cup	28
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	31
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	2
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	32
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	7
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	788
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	139
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	422
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	223
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	396
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	102
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	189
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	302
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	316
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	404
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	325
21268	TACO BELL, Nachos	80.0	1.0 serving	158
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	340
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	123
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	170
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	239
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	197
21270	TACO BELL, Taco Salad	533.0	1.0 item	549
18360	Taco shells, baked	12.9	1.0 shell	30
18448	Taco shells, baked, without added salt	28.35	1.0 oz	70
35147	Tamales (Navajo)	186.0	1.0 piece	184

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	159
09437	Tamarind nectar, canned	251.0	1.0 cup	5
09322	Tamarinds, raw	120.0	1.0 cup, pulp	136
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	35
09221	Tangerine juice, raw	247.0	1.0 cup	35
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	25
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	21
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	25
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	39
20068	Tapioca, pearl, dry	152.0	1.0 cup	11
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	58
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	55
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	39
11520	Taro leaves, raw	28.0	1.0 cup	17
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	36
11522	Taro shoots, raw	43.0	0.5 cup slices	12
11878	Taro, cooked, with salt	132.0	1.0 cup slices	100
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	100
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	39
11518	Taro, raw	104.0	1.0 cup, sliced	87
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	36
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	92
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	92
11525	Taro, tahitian, raw	125.0	1.0 cup slices	56
20143	Teff, cooked	252.0	1.0 cup	302
20142	Teff, uncooked	193.0	1.0 cup	828
16114	Tempeh	166.0	1.0 cup	442
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	62
02049	Thyme, fresh	0.8	1.0 tsp	1
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	24
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	25
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	38
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	39
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	46
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	32
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	44

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	25
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	42
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	51
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	46
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	23
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	22
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	39
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	29
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	26
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	37
43476	Tofu yogurt	262.0	1.0 cup	100
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	82
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	82
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	101
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	152
16129	Tofu, fried	28.35	1.0 oz	81
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	37
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	282
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	239
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	120
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	8
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	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")	110
11954	Tomatillos, raw	34.0	1.0 medium	13
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	41
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	46
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	46
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	55
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	100
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	100
11549	Tomato products, canned, sauce	245.0	1.0 cup	66
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	117
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	66
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	78

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	96
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	95
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	102
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	66
11693	Tomatoes, crushed, canned	121.0	0.5 cup	39
11527	Tomatoes, green, raw	180.0	1.0 cup	50
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	46
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	41
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	41
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	51
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	34
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	67
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	38
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	67
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	36
11955	Tomatoes, sun-dried	54.0	1.0 cup	192
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	153
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	50
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	16
19365	Toppings, marshmallow cream	28.35	1.0 oz	2
19367	Toppings, nuts in syrup	328.0	1.0 cup	387
19366	Toppings, pineapple	340.0	1.0 cup	10
19137	Toppings, strawberry	42.0	2.0 tbsp	2
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	172
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	90
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	66
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	193
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	288
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	89
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	89
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	99
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	104
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	35
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	142
18952	Tostada shells, corn	12.3	1.0 piece	25
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	1

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	3
20069	Triticale	192.0	1.0 cup	687
20070	Triticale flour, whole-grain	130.0	1.0 cup	417
05286	Turkey and gravy, frozen	85.0	3.0 oz	69
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	248
07973	Turkey bacon, microwaved	8.1	1.0 slice	34
07254	Turkey bacon, unprepared	14.0	1.0 serving	31
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	45
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	182
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	40
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	150
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	196
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	160
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	216
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	244
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	217
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	269
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	171
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	155
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	45
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	420
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	134
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	115
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	101
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	210
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	150
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	145
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	265
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	235
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	272
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	141
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	186
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	196
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	47
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	54

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	201
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	181
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	214
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	180
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	218
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	217
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	229
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	196
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	269
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	217
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	219
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	183
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	181
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	196
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	218
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	47
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	177
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	68
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	171
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	196
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	218
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	177
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	42
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	180
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	168
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	84
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	103
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	48
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	44
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")	60
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	173
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	165
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	218
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	261
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	63
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	213

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	150
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	145
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	2183
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	157
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	186
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	2120
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	167
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	128
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	54
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	134
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	159
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	137
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	170
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	150
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	163
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	118
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	153
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	41
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	198
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	28
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	34
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	69
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	65
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	23
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	408
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	150
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	180
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	162
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	177
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	76
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	237
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	190
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	190
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	156
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	166
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	201

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	189
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	162
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	190
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	66
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	171
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	196
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	201
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	217
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	37
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	41
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	52
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	52
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	23
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	30
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	25
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	42
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	42
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	28
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	56
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	22
11568	Turnip greens, raw	55.0	1.0 cup, chopped	23
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	30
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	41
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	41
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	41
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	19
11564	Turnips, raw	130.0	1.0 cup, cubes	35
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	60
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	204
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	141
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	257
93600	Turtle, green, raw	85.0	3.0 oz	153
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	45
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	20
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	19
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	103

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	211
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	160
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	162
13166	USDA Commodity, beef, canned	45.0	1.0 serving	63
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	63
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	104
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	117
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	123
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	659
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	26
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	177
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	169
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	76
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	107
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	45
10158	USDA Commodity, pork, canned	85.0	3.0 oz	147
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	83
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	79
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	65
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	205
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	54
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	50
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	49
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	82
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	153
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	147
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	162
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	23
02050	Vanilla extract	4.2	1.0 tsp	0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	1
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	158
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	167
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	29

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	162
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	49
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	177
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	99
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	21
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	203
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	58
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	212
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	60
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	203
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	60
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	182
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	185
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	184
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	196
17142	Veal, ground, raw	85.0	3.0 oz	167
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	212
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	212
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	237
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	199
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	62
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	214
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	219
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	246
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	201
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	63
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	235
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	180
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	177
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	182
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	187
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	180
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	189
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	201
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	189
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	201

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	178
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	167
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	52
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	185
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	176
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	55
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	191
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	54
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	194
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	54
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	176
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	180
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	224
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	188
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	59
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	235
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	192
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	61
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	206
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	172
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	215
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	178
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	207
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	180
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	214
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	183
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	212
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	183
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	58
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	221
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	185
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	59
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	207
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	190
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	59
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	220

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	196
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	62
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	327
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	369
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	78
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	212
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	60
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	316
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	68
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	368
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	324
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	107
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	197
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	82
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	435
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	93
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	265
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	96
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	533
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	151
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	141
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	45
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	48
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	48
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	242
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	1
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	59
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	67
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	68
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	91
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	46
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	46
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	56
43134	Vegetarian fillets	85.0	1.0 fillet	382
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	193

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	144
43114	Vermicelli, made from soy	140.0	1.0 cup	28
02069	Vinegar, balsamic	16.0	1.0 tbsp	3
02048	Vinegar, cider	14.9	1.0 tbsp	1
02053	Vinegar, distilled	14.9	1.0 tbsp	1
02068	Vinegar, red wine	14.9	1.0 tbsp	1
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	185
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	110
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	103
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	143
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	144
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	124
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	131
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	151
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	190
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	162
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	122
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	102
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	54
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	200
27064	Wasabi	20.0	1.0 tablespoon	5
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	104
14555	Water, bottled, generic	29.6	1.0 fl oz	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	39
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	13
11591	Watercress, raw	34.0	1.0 cup, chopped	20
09326	Watermelon, raw	154.0	1.0 cup, balls	17
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	30
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	30
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	25
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	229
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	184
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	415
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	225

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	297
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	269
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	229
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	89
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	127
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	370
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	173
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	125
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	378
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	247
20077	Wheat bran, crude	58.0	1.0 cup	588
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	135
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	135
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	135
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	744
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	135
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	133
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	116
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	233
20080	Wheat flour, whole-grain	120.0	1.0 cup	428
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	133
20078	Wheat germ, crude	115.0	1.0 cup	968
20076	Wheat, durum	192.0	1.0 cup	975
20071	Wheat, hard red spring	192.0	1.0 cup	637
20072	Wheat, hard red winter	192.0	1.0 cup	553
20074	Wheat, hard white	192.0	1.0 cup	682
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	253
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	677
20073	Wheat, soft red winter	168.0	1.0 cup	828
20075	Wheat, soft white	168.0	1.0 cup	675
20087	Wheat, sprouted	108.0	1.0 cup	216
01113	Whey, acid, dried	57.0	1.0 cup	769
01112	Whey, acid, fluid	246.0	1.0 cup	192
01115	Whey, sweet, dried	145.0	1.0 cup	1351
01114	Whey, sweet, fluid	246.0	1.0 cup	113
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	24

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	56
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	2
20089	Wild rice, cooked	164.0	1.0 cup	134
20088	Wild rice, raw	160.0	1.0 cup	693
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	16
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	16
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	16
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	263
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	263
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	821
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	65
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	4
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	23
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	63
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	177
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	69
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	111
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	120
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	82
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	105
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	23
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	134
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	77
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	52
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	91
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	62
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	51
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	59
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	103
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	149
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	46
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	45
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	44
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	55
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	54
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	31

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	145
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	67
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	67
11601	Yam, raw	150.0	1.0 cup, cubes	82
11603	Yambean (jicama), raw	120.0	1.0 cup slices	22
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	59
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	59
11199	Yardlong bean, raw	91.0	1.0 cup slices	54
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	310
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	310
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	934
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	69
43406	Yeast extract spread	6.0	1.0 tsp	6
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	99
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	139
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	282
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	282
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	88
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	202
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	202
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	202
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	202
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	226
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	185
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	185
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	226
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	226
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	168
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	171
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	189
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	168
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	274
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	230
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	165
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	164
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	170

NDB_No	Description	Weight(g)	Measure	Phosphorus, P(mg) Per Measure
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	178
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	245
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	267
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	162
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	230
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	185
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	185
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	230
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	230
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	216
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	6
03217	Zwieback	28.35	1.0 oz	16