USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Thiamin (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 16, 2016 02:10 EDT

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	7.504
16104	Bacon, meatless	144.0	1.0 cup	6.336
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	5.481
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	4.180
20060	Rice bran, crude	118.0	1.0 cup	3.249
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	2.879
11667	Seaweed, spirulina, dried	112.0	1.0 cup	2.666
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.373
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	2.291
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	2.291
20078	Wheat germ, crude	115.0	1.0 cup	2.164
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	2.040
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.976
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.875
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	1.867
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	1.856
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.824
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	1.815
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	1.815
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	1.815
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	1.800
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	1.792
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	1.792
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	1.785
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.746
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	1.682
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	1.682
16069	Lentils, raw	192.0	1.0 cup	1.676
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	1.660

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.656
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.626
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	1.622
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.621
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	1.616
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	1.616
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.612
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	1.601
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.597
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.542
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.542
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.500
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	1.500
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1.500
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	1.500
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	1.500
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	1.500
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	1.499
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1.484
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.481
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.457
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.449
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1.431
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1.430
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.425
43406	Yeast extract spread	6.0	1.0 tsp	1.402
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.380
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.380
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.376
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.367
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	1.367
20066	Semolina, enriched	167.0	1.0 cup	1.354
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.352
43132	Meatballs, meatless	144.0	1.0 cup	1.351
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.345

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17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.335
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.318
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	1.311
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.305
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.285
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.255
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.245
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	1.243
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.231
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	1.222
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1.212
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1.212
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	1.207
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	1.196
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.195
20038	Oats	156.0	1.0 cup	1.190
20004	Barley, hulled	184.0	1.0 cup	1.189
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.170
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	1.160
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.159
16076	Lupins, mature seeds, raw	180.0	1.0 cup	1.152
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.148
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	1.148
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	1.144
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.139
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.136
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.132
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	1.130
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	1.127
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.119
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1.118
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	1.116
11450	Soybeans, green, raw	256.0	1.0 cup	1.114
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	1.112
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	1.102
20033	Oat bran, raw	94.0	1.0 cup	1.100

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12145	Nuts, pilinuts, dried	120.0	1.0 cup	1.096
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.088
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.070
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	1.066
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1.065
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	1.064
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	1.058
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.056
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.053
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.051
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.048
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	1.040
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.035
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.022
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.018
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.001
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.987
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.986
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.984
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.981
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.981
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.981
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.979
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.973
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.973
20071	Wheat, hard red spring	192.0	1.0 cup	0.968
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.957
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.954
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.954
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.953
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.952
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.951
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.949
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.946
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.946
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.937

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.937
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.936
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0.936
43134	Vegetarian fillets	85.0	1.0 fillet	0.935
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.935
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.933
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.933
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.932
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.931
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.924
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.922
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.911
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.909
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.908
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.906
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.902
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.902
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.902
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.902
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.896
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.883
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.882
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.880
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.873
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.869
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.867
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.865
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.865
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.864
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.857
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.857
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0.855
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.855
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.855

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10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.848
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.848
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.843
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.842
20031	Millet, raw	200.0	1.0 cup	0.842
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.841
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.840
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.840
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.835
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.834
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.833
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.829
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.823
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.821
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.816
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.811
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.808
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.806
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.806
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.805
20076	Wheat, durum	192.0	1.0 cup	0.804
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.802
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.800
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.800
20069	Triticale	192.0	1.0 cup	0.799
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.792
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.787
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.785
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.785
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.784
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.780
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.766
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.765
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.761
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.761
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.760

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08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.756
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.756
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.755
20142	Teff, uncooked	193.0	1.0 cup	0.753
01115	Whey, sweet, dried	145.0	1.0 cup	0.753
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.750
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.750
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0.750
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.745
20074	Wheat, hard white	192.0	1.0 cup	0.743
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.742
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.739
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.738
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.736
20072	Wheat, hard red winter	192.0	1.0 cup	0.735
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.734
16117	Soy flour, defatted	105.0	1.0 cup	0.733
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.729
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.729
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.729
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.728
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.728
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.726
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.726
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.722
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.722
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.721
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.721
20132	Oat flour, partially debranned	104.0	1.0 cup	0.720
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.719
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.718
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.717
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.713
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.710
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.710
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.710

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.709
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.705
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.704
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.702
20090	Rice flour, brown	158.0	1.0 cup	0.700
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.697
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.697
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.694
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.694
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.693
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.693
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.693
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	0.693
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.693
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.690
20075	Wheat, soft white	168.0	1.0 cup	0.689
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.681
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.681
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.681
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.681
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.679
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.679
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.678
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.677
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.676
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.675
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.675
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.674
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.673
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.672
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.672
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.671
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.671
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.669
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.668
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.667

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.666
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.666
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0.666
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.664
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.663
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.662
20073	Wheat, soft red winter	168.0	1.0 cup	0.662
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.660
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.660
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.654
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.649
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.647
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.644
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.643
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.642
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.640
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.639
20014	Corn grain, yellow	166.0	1.0 cup	0.639
20314	Corn grain, white	166.0	1.0 cup	0.639
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.638
20067	Sorghum grain	192.0	1.0 cup	0.637
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.637
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.634
20140	Spelt, uncooked	174.0	1.0 cup	0.633
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.633
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.632
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.630
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.629
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.629
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.627
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.626
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.626
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.625
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	0.625
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.624

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.622
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.622
16106	Meat extender	88.0	1.0 cup	0.618
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.617
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	0.616
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.616
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0.615
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.614
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.614
20035	Quinoa, uncooked	170.0	1.0 cup	0.612
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.612
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.608
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.606
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.606
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.605
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.605
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.605
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.603
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.603
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.602
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.602
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.600
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.600
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.599
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.599
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.599
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.599
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.598
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.593
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.592
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.592
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.591
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.591

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.591
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.590
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.589
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.588
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.586
43109	Pretzels, soft	143.0	1.0 large	0.586
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.586
16107	Sausage, meatless	25.0	1.0 link	0.586
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.584
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.580
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.577
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.575
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.575
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.575
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.575
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.574
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.573
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.571
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.571
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.570
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.570
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.568
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.567
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.565
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.565
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.565
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.564
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.564
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.563
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.562
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.562
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.560
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.560
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.559
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.559

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.558
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.557
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.556
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.555
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.554
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.553
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.551
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.550
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.548
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.548
20130	Barley flour or meal	148.0	1.0 cup	0.548
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.546
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.543
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.543
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.542
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.540
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.538
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.538
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.537
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.537
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.536
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.536
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.536
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.535
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.535
20062	Rye grain	169.0	1.0 cup	0.534
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.534
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.533
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.532
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.531
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.531
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.530
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.530
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.530
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.530
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.529

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05150	Goose, liver, raw	94.0	1.0 liver	0.528
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.528
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.527
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.527
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.526
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.525
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.525
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.525
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.525
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.525
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.525
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.525
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.524
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	0.524
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.524
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	0.524
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	0.524
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.524
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.524
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.524
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.524
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	0.524
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.523
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.523
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.522
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.522
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	0.522
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.522
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.521
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.520
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.520
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.520
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.519
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.519
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.518

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.518
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.517
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.514
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.514
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.513
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.513
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.513
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.513
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.512
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.511
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.510
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.510
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.509
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.509
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.509
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.509
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.507
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.507
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.504
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.504
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.502
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.502
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.502
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.502
20131	Barley malt flour	162.0	1.0 cup	0.501
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.501
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.500
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.500
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.500
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.499
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.497
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.497
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.497
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.497
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.494
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.493

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	0.493
20647	Millet flour	119.0	1.0 cup	0.491
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.491
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.491
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.491
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.490
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.489
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.489
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.489
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.488
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.484
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.483
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.483
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.482
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.481
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	0.480
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.480
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.480
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.480
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.478
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.478
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.477
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.477
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.477
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.477
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.476
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.475
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.474
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.474
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.474
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.474
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.473
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.473
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.472
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.472

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.472
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.470
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.470
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.470
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.470
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.469
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.469
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.468
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.468
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.468
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.468
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.468
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.468
20466	Semolina, unenriched	167.0	1.0 cup	0.468
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.468
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.467
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.467
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.467
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.466
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.466
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.466
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.465
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.465
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.465
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.465
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.463
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.462
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.462
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.462
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.462
20143	Teff, cooked	252.0	1.0 cup	0.461
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.461
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.461
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.460
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.460
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.460

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.460
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.459
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.458
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	0.458
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.457
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.457
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	0.456
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.456
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.456
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.456
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.456
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.455
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.451
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.451
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.451
07939	Frankfurter, pork	76.0	1.0 link	0.451
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.450
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.450
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.450
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.449
16157	Chickpea flour (besan)	92.0	1.0 cup	0.447
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.447
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.447
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	0.447
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.446
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.446
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.446
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.446
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.445
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.444
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.444
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.444
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.443
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.443
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.442

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.442
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.442
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.442
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.441
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.440
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.440
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.439
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.438
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.438
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.438
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.437
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.437
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.437
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.437
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.436
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.436
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.436
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.436
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.436
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.436
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.435
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.434
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.434
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.434
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0.434
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.434
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.433
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.432
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.432
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.432
15006	Fish, burbot, raw	116.0	1.0 fillet	0.432
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.432
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.431
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.431
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.431

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.431
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.431
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.431
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.430
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.430
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.430
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.430
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.429
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.429
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.428
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.427
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.427
07059	Polish sausage, pork	85.0	3.0 oz	0.427
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.426
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.426
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.425
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.425
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.425
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.425
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.425
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.424
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.422
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.422
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.421
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.420
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	0.420
16099	Peanut flour, defatted	60.0	1.0 cup	0.420
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.420
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.420
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.420
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.419
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	0.419
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.419
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.419
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.418
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.418

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.418
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.417
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.417
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.417
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.416
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.416
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.416
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.416
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.416
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.415
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.415
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.415
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.414
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.414
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.414
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.414
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	0.414
03213	Babyfood, cookies	28.35	1.0 oz	0.414
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.413
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.413
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.413
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.413
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.412
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.412
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.411
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.411
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.410
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.410
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.410
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.410
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.410
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.409
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.408
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.408
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.407
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.406

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.406
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.405
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.405
20063	Rye flour, dark	128.0	1.0 cup	0.404
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.404
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.403
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.403
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.403
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.403
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.403
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.402
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.402
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.401
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.401
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.400
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.400
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.400
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.399
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.399
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.399
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.399
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0.398
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.398
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.397
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.397
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.397
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.396
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.396
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.396
11683	Carrot, dehydrated	74.0	1.0 cup	0.395
18968	Bagels, wheat	98.0	1.0 bagel	0.395
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.395
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.395
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.394
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.394

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10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.394
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.393
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.393
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.393
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.393
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.393
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.392
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.392
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.392
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.392
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.392
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.392
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.391
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.391
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.391
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.390
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.390
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.390
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.390
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.390
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.390
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.390
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.390
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.390
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.388
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.388
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.388
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.387
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.387
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.387
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	0.387
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.387
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.387
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.387
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.387
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.386

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11304	Peas, green, raw	145.0	1.0 cup	0.386
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	0.385
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.385
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.385
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.385
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.385
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	0.385
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.384
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.384
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	0.384
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.384
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	0.384
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.382
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.382
20005	Barley, pearled, raw	200.0	1.0 cup	0.382
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.382
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.381
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.381
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.381
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.380
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.380
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.380
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.379
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.379
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.379
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.378
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.378
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.378
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.378
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.378
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.378
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.378
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.378
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	0.378
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.377

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.377
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.377
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.377
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.377
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.377
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.377
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.377
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.377
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.377
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.376
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.376
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.376
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.375
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.375
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.375
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.375
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.375
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.375
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.375
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.375
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0.375
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.375
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.375
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	0.375
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.375
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.375
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.375
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.375
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.375
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	0.375
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.375
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	0.375
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	0.375
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.375
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.375
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.375

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08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.375
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.375
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.375
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.375
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.375
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	0.375
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.375
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.375
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.375
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.375
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.375
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.375
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.375
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.375
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	0.375
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.375
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.375
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.375
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.375
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.375
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.375
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.375
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.375
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.375
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.375
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.375
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.375
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.374
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0.374
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.374
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.374
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.374
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.374
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.374
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.374
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.374

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.374
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.374
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.374
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.374
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.374
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)	0.374
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.374
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.374
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)	0.374
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.374
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.373
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.373
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.373
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.373
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.373
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.372
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.372
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.372
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.372
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.372
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	0.372
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.372
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	0.372
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.372
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.372
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	0.372
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.372
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.372
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.372
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.372
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.371
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.371
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	0.371
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	0.371
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.371
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	0.371

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.371
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.370
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.370
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.370
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.369
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.369
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.369
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.368
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.367
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.367
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.367
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.367
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.367
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.366
11413	Potato flour	160.0	1.0 cup	0.365
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0.364
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.364
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.364
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.364
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.364
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.364
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.364
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.363
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.363
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.363
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.363
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.363
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.362
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.362
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.362
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.361
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.361
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.361
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.361
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	0.361

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.360
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.360
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.360
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.360
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.360
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.359
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.358
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.358
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.358
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	0.357
05628	Emu, inside drum, raw	85.0	3.0 oz	0.357
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	0.356
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.356
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.356
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	0.356
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	0.356
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.355
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.355
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.355
01113	Whey, acid, dried	57.0	1.0 cup	0.355
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.354
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.354
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.354
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.354
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.352
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.352
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.352
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.352
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.352
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	0.351
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.351
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.351
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.351
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.350
20034	Oat bran, cooked	219.0	1.0 cup	0.350

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.350
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.350
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.350
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.350
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.349
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.349
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.349
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.349
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.348
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.348
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.348
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.347
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.347
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.347
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.347
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.347
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.346
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.346
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0.346
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.345
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.345
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.345
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.345
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.345
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.345
16005	Beans, baked, home prepared	253.0	1.0 cup	0.344
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.344
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.344
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.343
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.343
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.342
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.342
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.342
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.342
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.342

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.341
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.340
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.340
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.340
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.339
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.339
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.338
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.338
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	0.338
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.338
20065	Rye flour, light	102.0	1.0 cup	0.338
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.338
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.337
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.337
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.336
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.336
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.336
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.335
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.335
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.335
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.335
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.335
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.335
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.335
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0.334
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.333
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.333
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.333
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.332
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.331
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.331
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.331
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.331
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.331
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.331
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.331

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.331
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.330
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.330
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.330
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.330
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.330
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.330
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.330
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.330
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.330
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.330
19355	Syrups, sorghum	330.0	1.0 cup	0.330
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.330
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.329
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.327
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.326
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	0.326
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.326
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.326
20012	Bulgur, dry	140.0	1.0 cup	0.325
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.325
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.323
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.323
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	0.323
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	0.323
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.323
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.323
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.321
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.320
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.320
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.320
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.320
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.320
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.319
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.318
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	0.318

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.318
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.318
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.318
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.317
05621	Emu, ground, raw	117.0	1.0 patty	0.316
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	0.315
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	0.315
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.314
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.314
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.314
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.314
11432	Radishes, oriental, dried	116.0	1.0 cup	0.313
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.313
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	0.313
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.312
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.312
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	0.312
11349	Poi	240.0	1.0 cup	0.312
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.311
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.311
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.310
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.309
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.309
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.308
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.308
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.308
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.308
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.307
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.306
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.306
05626	Emu, full rump, raw	85.0	3.0 oz	0.306
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.306
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.306
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.305
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.304

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.304
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.304
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.304
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.304
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	0.304
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.304
20077	Wheat bran, crude	58.0	1.0 cup	0.303
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.303
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.303
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.303
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.303
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.303
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.303
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.303
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.302
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.302
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.302
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.302
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.301
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.301
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.301
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.301
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.301
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.301
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.301
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.301
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.301
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.301
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	0.301
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.301
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	0.301
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.301
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.301
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.300
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.300

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.300
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.300
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.300
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.300
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.300
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.300
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.300
05305	Ground turkey, raw	453.6	1.0 lb	0.299
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.299
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.299
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.299
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.298
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	0.298
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.298
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0.298
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.298
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.298
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.298
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.297
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.297
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.297
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.297
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.297
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.297
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	0.296
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.296
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	0.296
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	0.296
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	0.296
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.296
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.294
12061	Nuts, almonds	143.0	1.0 cup, whole	0.293
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.293
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.293
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.293
20064	Rye flour, medium	102.0	1.0 cup	0.293

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.293
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.289
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.288
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.288
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.288
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.287
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.287
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.287
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.287
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.287
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.286
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.285
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.285
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	0.284
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.284
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.283
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.283
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.283
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.283
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.283
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.283
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.283
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.282
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.282
20028	Couscous, dry	173.0	1.0 cup	0.282
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.281
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.281
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.280
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.280
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.280
16113	Natto	175.0	1.0 cup	0.280
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.280
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.280
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.279
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.278
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.278

NDB_No	Description	Weight(g)	Measure	Thiamin(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)	0.278
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.278
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.278
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.277
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.277
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.277
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.277
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0.277
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.276
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.276
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.276
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.276
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.276
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.276
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.276
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.276
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.276
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.276
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.275
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.275
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.275
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.275
16100	Peanut flour, low fat	60.0	1.0 cup	0.274
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.274
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.274
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.274
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.274
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.274
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.274
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.274
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.274
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.273
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.273
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.273
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.272
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.272

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11215	Garlic, raw	136.0	1.0 cup	0.272
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.271
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.271
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.271
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.271
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.271
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.270
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.270
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.270
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.270
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.269
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	0.269
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.269
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.269
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.268
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.268
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.268
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.268
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.267
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.267
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.267
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.267
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.267
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.266
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.266
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.265
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.265
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.265
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.264
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.264
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.264
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.264
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.264
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.264
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.264

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19194	Puddings, rice, dry mix	106.0	1.0 package	0.263
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.262
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.262
07926	Salami, Italian, pork	28.0	1.0 oz	0.260
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.260
05158	Quail, meat only, raw	92.0	1.0 quail	0.260
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.260
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.260
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.259
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.259
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.258
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.258
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.258
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.258
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.256
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.256
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.255
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.255
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.255
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.255
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.254
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.254
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.254
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.253
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.253
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.253
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.253
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.252
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.252
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.252
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.252
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.252
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.251
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.251
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.251
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.251

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.251
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.250
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.250
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.248
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.248
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.248
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.248
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.247
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.247
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.247
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.247
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.246
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.246
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.246
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.246
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.245
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.245
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.245
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.245
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.245
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.244
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.244
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.244
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.244
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.244
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.243
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.243
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.243
20087	Wheat, sprouted	108.0	1.0 cup	0.243
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.243
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.243
21142	Fast food, biscuit	55.0	1.0 biscuit	0.243
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.242
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)	0.242
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.242
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.242

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	0.242
09059	Breadfruit, raw	220.0	1.0 cup	0.242
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.241
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.241
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.241
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.241
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.240
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.240
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.240
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.240
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.240
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.240
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.240
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.239
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.239
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.239
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.239
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.238
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.238
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.238
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.238
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.238
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.238
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.237
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	0.237
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.237
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.236
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.236
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.235
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.235
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.235
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.234
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.234
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.234
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.233

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.233
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.232
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.232
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.231
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.231
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.231
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.231
09085	Currants, zante, dried	144.0	1.0 cup	0.230
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.230
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.230
05631	Emu, oyster, raw	85.0	3.0 oz	0.230
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.230
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.230
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.230
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.230
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.230
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.230
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.229
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.229
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.229
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.229
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.229
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.229
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.229
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.229
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.228
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.228
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	0.228
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.228
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.228
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.228
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.227
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.227
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.227
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.227
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.227

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.226
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.226
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.226
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.226
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.226
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.226
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.226
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.225
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.225
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.225
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.225
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.225
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.225
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.225
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.224
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.224
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.224
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.224
09206	Orange juice, raw	248.0	1.0 cup	0.223
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.222
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.222
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.222
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.222
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.222
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.221
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.221
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.221
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.221
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.221
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.221
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.221
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.221
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.221
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.220
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.220
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.220

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.220
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.220
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.220
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	0.220
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.219
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.219
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.219
05630	Emu, outside drum, raw	85.0	3.0 oz	0.219
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.219
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0.219
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.218
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.218
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.218
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.218
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.218
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.218
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.217
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.217
11655	Carrot juice, canned	236.0	1.0 cup	0.217
07008	Bologna, beef and pork	100.0	3.527 oz	0.217
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.217
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.217
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.216
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.216
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.216
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.215
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.215
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0.215
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.215
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.215
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.214
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.214
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	0.213
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.213
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.213
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.213

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.213
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.212
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.212
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.212
21419	KFC, biscuit	49.0	1.0 biscuit	0.212
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.212
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.212
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.212
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.211
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.211
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.211
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.210
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.210
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.210
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.210
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.210
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.209
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.209
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.209
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.209
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.208
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.208
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	0.208
18972	Bread, cheese	48.0	1.0 slice	0.208
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.208
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.208
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.207
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.207
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.207
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.207
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.206
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.205
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.205
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.205
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.205
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.205

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.205
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.205
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.204
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.204
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.204
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.204
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.204
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.204
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.204
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.204
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.204
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.203
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.203
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.202
07030	Ham, minced	28.35	1.0 oz	0.202
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.202
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.202
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.202
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.202
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.201
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.201
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.201
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.201
19350	Syrups, corn, light	341.0	1.0 cup	0.201
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	0.201
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.201
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.201
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.201
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.200
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.200
11278	Okra, raw	100.0	1.0 cup	0.200
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.200
20141	Spelt, cooked	194.0	1.0 cup	0.200
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.200
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.200
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.200

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.200
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.199
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.199
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.199
36031	DENNY'S, onion rings	166.0	1.0 serving	0.199
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.199
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.199
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.199
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.199
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.198
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.198
05641	Ostrich, ground, raw	109.0	1.0 patty	0.198
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.198
11230	Pepeao, dried	24.0	1.0 cup	0.198
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.198
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.198
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.198
36610	DENNY'S, french fries	165.0	1.0 serving	0.198
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.198
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.198
20137	Quinoa, cooked	185.0	1.0 cup	0.198
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.198
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.198
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.198
18236	Cracker meal	28.35	1.0 oz	0.197
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.197
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.197
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.197
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.197
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.197
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.197
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.196
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.196
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.196
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0.196
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.196

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28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	0.195
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.195
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.195
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.195
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.195
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.195
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.195
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.195
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.194
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.194
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.194
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.193
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.193
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.193
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.193
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.193
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.193
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.193
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.193
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.193
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.193
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.193
11414	Potato salad, home-prepared	250.0	1.0 cup	0.192
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.192
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.192
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.192
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	0.192
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.192
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.192
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.192
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.192
11011	Asparagus, raw	134.0	1.0 cup	0.192
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	0.191
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.190
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.190
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.190

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.190
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.190
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.190
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.189
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.189
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.189
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.189
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.189
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.189
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.188
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.188
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.187
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.187
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.187
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.187
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.187
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.187
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.187
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.187
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.187
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.187
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.186
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	0.186
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.185
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.185
18059	Bread, rice bran	28.35	1.0 oz	0.185
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.185
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.185
09299	Raisins, seeded	165.0	1.0 cup, packed	0.185
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.185
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.185
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.184
20032	Millet, cooked	174.0	1.0 cup	0.184
20088	Wild rice, raw	160.0	1.0 cup	0.184
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.184
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.184

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11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.184
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.184
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.184
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.183
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.183
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.183
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.182
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.182
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.182
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.182
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.182
16087	Peanuts, all types, raw	28.35	1.0 oz	0.181
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.181
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.181
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.181
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.181
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.181
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.181
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.180
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.180
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.180
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.180
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.180
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.180
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.180
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.180
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.180
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.180
11134	Cassava, raw	206.0	1.0 cup	0.179
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.179
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.179
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.179
07019	Chorizo, pork and beef	28.35	1.0 oz	0.179
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.178
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.178
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.178

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.178
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.178
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.178
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.178
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.178
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.177
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.177
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.177
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.177
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.177
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	0.177
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	0.177
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	0.177
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.177
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.176
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.176
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.176
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.176
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.176
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.176
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.176
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.176
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.176
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.176
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.176
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.176
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.176
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.175
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.175
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.175
09298	Raisins, seedless	165.0	1.0 cup, packed	0.175
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.174
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.174

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.174
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	0.174
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.174
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	0.174
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.174
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.174
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.174
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.173
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.173
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.173
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.173
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.173
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.173
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.172
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	0.172
11656	Corn pudding, home prepared	250.0	1.0 cup	0.172
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	0.172
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.172
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.172
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.172
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.172
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.172
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.172
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.172
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.172
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.172
20008	Buckwheat	170.0	1.0 cup	0.172
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.172
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.171
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.171
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.171
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	0.171
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	0.171
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.171
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.171
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.171

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	0.171
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.170
09205	Oranges, raw, with peel	170.0	1.0 cup	0.170
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.170
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.170
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.170
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.170
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	0.170
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.170
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.170
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.169
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.169
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.169
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.169
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.169
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.169
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.169
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.169
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.169
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.169
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.168
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.168
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.168
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.168
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.168
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.168
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.168
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.168
07921	Bacon and beef sticks	28.0	1.0 oz	0.168
11601	Yam, raw	150.0	1.0 cup, cubes	0.168
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	0.168
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.168
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.168
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.168
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	0.168
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.168

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.168
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.168
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.167
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.167
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.167
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.167
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.167
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.167
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.167
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.167
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.166
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.166
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.166
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.166
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.166
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.165
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.165
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.165
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.165
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.165
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.165
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.165
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.165
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.164
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.164
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.164
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.164
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.164
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	0.164
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.164
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.164
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	0.164
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.163
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.163

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.163
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.163
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.163
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.163
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.163
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.163
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.162
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.162
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.162
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.162
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	0.162
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	0.162
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	0.162
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	0.162
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.162
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.162
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.162
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.162
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.162
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.162
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.162
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.161
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.161
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.161
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.161
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.161
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.161
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.161
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.161
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.161
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.161
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.161
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.160
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.160
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	0.160

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.160
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	0.160
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	0.160
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	0.160
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.160
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.160
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.160
01109	Milk, sheep, fluid	245.0	1.0 cup	0.159
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.159
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.159
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.159
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.159
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.158
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.158
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.158
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.158
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.158
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.158
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.158
09315	Soursop, raw	225.0	1.0 cup, pulp	0.158
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.158
43476	Tofu yogurt	262.0	1.0 cup	0.157
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.157
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.157
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.157
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.157
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.157
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.157
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.157
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.157
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.156
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	0.156
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	0.156
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.156
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.156

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.156
07061	Mother's loaf, pork	28.35	1.0 oz	0.156
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.156
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.156
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	0.156
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.156
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.155
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.155
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.155
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.155
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.155
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	0.154
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.154
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.154
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.154
08510	Milk and cereal bar	25.0	1.0 bar	0.154
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.154
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.154
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.153
18338	Phyllo dough	28.35	1.0 oz	0.153
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.153
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.153
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.153
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	0.153
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.153
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.153
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.153
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.153
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.153
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.153
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.153
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	0.152
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	0.152
18003	Bagels, egg	28.35	1.0 oz	0.152
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.152

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.152
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.152
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.152
07026	Ham, chopped, canned	28.35	1.0 oz	0.152
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.151
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.151
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.151
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.151
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.151
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.151
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	0.151
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	0.151
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	0.151
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.151
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.151
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.151
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.151
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0.151
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	0.151
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.151
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.151
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	0.151
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.151
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.151
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.151
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.151
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	0.151
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.151
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	0.151
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.151
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.151
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.150
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.150
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.150
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.150

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.150
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.150
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	0.150
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.150
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.150
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.150
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.150
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.150
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.150
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.150
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.150
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	0.150
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.150
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.150
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.150
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.150
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.150
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.150
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.150
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	0.150
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.150
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.150
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	0.150
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.150
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.150
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.150
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.150
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.150
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.150
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.150
07911	Liverwurst spread	55.0	0.25 cup	0.150
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	0.150
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.150
18344	Rolls, dinner, egg	28.35	1.0 oz	0.149
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.149
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.149

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.149
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.149
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.149
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.149
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.149
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.149
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.149
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.149
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.149
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.148
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.148
18349	Rolls, french	28.35	1.0 oz	0.148
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.148
18241	Croissants, cheese	28.35	1.0 oz	0.148
09221	Tangerine juice, raw	247.0	1.0 cup	0.148
18459	Breakfast tart, low fat	52.0	1.0 tart	0.148
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.148
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.148
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.148
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.148
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.148
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.148
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.148
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.147
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.147
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.147
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.147
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.147
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.147
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.147
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.147
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.147
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.147

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.147
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.147
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.147
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.147
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.147
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.146
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.146
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.146
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.146
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.146
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.146
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	0.146
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.146
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.146
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.146
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.146
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.145
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	0.145
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.145
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.145
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.145
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.145
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.145
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.145
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.145
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.145
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.145
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.145
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.144
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.144
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.144
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.144
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.144
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.144
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.144

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.144
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.144
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.144
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.144
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.144
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	0.144
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.144
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.144
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0.144
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.144
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.143
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.143
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.143
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.143
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.143
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.143
18037	Bread, oat bran	28.35	1.0 oz	0.143
18967	Bread, white wheat	28.0	1.0 slice	0.143
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.143
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	0.143
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.142
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.142
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.142
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	0.142
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.142
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.141
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.141
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.141
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.141
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.141
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.141
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.141
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.141
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.141
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.140
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.140

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.140
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.140
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.140
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.140
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.140
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.140
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.139
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.139
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.139
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.139
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.139
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.139
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.139
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.138
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.138
19304	Molasses	337.0	1.0 cup	0.138
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	0.138
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.138
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.138
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.138
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.138
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.138
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.138
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.138
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.138
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.138
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.137
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.137
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.137
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.137
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.137
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.137
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.137
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.137
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	0.137

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	0.137
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	0.137
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.137
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.137
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.136
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.136
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.136
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	0.136
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.136
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.136
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.136
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.136
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.136
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.136
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.136
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.136
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.136
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.136
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.136
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.136
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.136
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.136
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.136
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.136
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.135
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.135
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	0.135
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.135
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.135
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.135
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.135
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.135
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.135
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.134
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	0.134

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.134
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.134
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.134
18033	Bread, italian	28.35	1.0 oz	0.134
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.134
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.134
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.134
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.134
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.133
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.133
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.133
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.133
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.133
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.133
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.133
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.133
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.133
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.133
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.132
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.132
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	0.132
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.132
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	0.132
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.132
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.132
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.132
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.132
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.132
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.131
03215	Babyfood, pretzels	28.35	1.0 oz	0.131
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.131
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.131
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.131
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.131
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.131
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.131

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.131
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.130
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.130
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.130
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.130
20006	Barley, pearled, cooked	157.0	1.0 cup	0.130
28274	MURRAY, Honey Graham	31.0	8.0 crackers	0.130
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.130
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.130
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.130
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.130
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.130
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.130
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.130
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.130
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.130
16114	Tempeh	166.0	1.0 cup	0.129
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.129
19366	Toppings, pineapple	340.0	1.0 cup	0.129
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.129
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.129
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.129
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.129
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.129
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.129
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.129
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.128
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.128
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.128
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.128
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.128
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.128
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.128
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.128
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.128

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.128
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.128
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.128
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.128
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.128
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.128
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.128
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.128
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.128
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.128
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.128
15094	Fish, shad, american, raw	85.0	3.0 oz	0.128
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.128
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.127
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.127
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.127
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.127
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.127
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.127
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.127
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	0.127
09094	Figs, dried, uncooked	149.0	1.0 cup	0.127
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.127
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.127
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.127
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.127
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.127
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.126
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	0.126
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.126
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.126
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.126

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.126
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.126
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	0.126
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	0.126
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	0.126
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	0.126
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.126
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	0.126
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	0.126
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.126
19154	Candies, sesame crunch	28.35	1.0 oz	0.126
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.126
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.126
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.126
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.126
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.126
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.126
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.125
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	0.125
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.125
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.125
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.125
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.125
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.125
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.125
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.125
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.125
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.125
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.125
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.124
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.124
18065	Bread, wheat, toasted	28.35	1.0 oz	0.124
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.124
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.124
18027	Bread, egg	28.35	1.0 oz	0.124

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.124
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.124
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.124
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.124
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.123
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.123
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.123
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.123
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.123
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.123
18060	Bread, rye	28.35	1.0 oz	0.123
16059	Chili with beans, canned	256.0	1.0 cup	0.123
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.123
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.122
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.122
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.122
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.122
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.122
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.122
11098	Brussels sprouts, raw	88.0	1.0 cup	0.122
18264	English muffins, wheat	28.35	1.0 oz	0.122
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.122
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.122
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.122
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.122
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.122
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.122
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.122
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	0.122
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.122
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.122
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.121
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.121
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.121

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.121
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.121
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.121
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.121
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	0.121
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.120
19117	Candies, halavah, plain	28.35	1.0 oz	0.120
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.120
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.120
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.120
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.120
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	0.120
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.120
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.120
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.120
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.120
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.120
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.120
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.120
11298	Parsnips, raw	133.0	1.0 cup slices	0.120
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.120
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.120
07070	Salami, cooked, turkey	28.0	1.0 serving	0.119
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.119
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.119
18064	Bread, wheat	29.0	1.0 slice	0.119
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.119
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.119
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.119
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.119
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.119
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.119
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.119

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.119
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.119
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.119
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.119
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	0.119
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	0.119
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.119
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.119
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.119
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.119
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.119
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.118
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.118
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.118
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.118
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.118
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.118
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.118
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.118
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.118
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.118
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.118
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.118
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	0.118
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.118
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.118
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.118
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.117
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.117
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.117
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.117
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.117
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.117
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.117

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.117
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.117
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.117
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.117
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.117
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.117
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.117
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.117
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.116
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.116
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.116
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.116
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.116
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.116
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.116
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.116
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	0.116
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	0.116
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.116
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.116
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.116
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.116
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.116
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.116
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.116
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.116
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.116
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.116
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.115
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.115
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	0.115
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.115
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.115

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.115
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.115
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.115
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	0.115
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.115
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.115
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	0.115
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.115
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	0.115
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.115
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.115
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.115
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.115
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.115
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.115
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.115
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.115
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.114
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.114
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.114
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.114
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.114
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.114
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.114
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.114
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.114
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.113
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.113
18039	Bread, oatmeal	28.35	1.0 oz	0.113
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.113
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.113

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.113
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	0.113
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.113
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	0.113
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.113
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.113
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.113
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.113
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.113
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.113
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.113
18066	Bread, wheat bran	28.35	1.0 oz	0.113
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.112
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.112
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.112
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.112
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.112
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.112
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.112
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.112
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	0.112
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	0.112
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	0.112
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.112
18218	Crackers, matzo, egg	14.2	0.5 oz	0.112
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.112
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	0.112
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.112
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.112
11658	Spinach souffle	136.0	1.0 cup	0.112
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.111
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.111
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.111
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.111
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.111

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.111
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.111
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.111
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.111
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.111
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.111
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.111
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.111
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.111
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.111
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.111
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.111
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.111
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.111
09139	Guavas, common, raw	165.0	1.0 cup	0.111
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.110
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.110
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.110
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.110
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.110
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.110
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.110
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	0.110
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.110
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.110
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.110
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.110
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.110
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.110
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.110
19018	Fruit syrup	334.0	1.0 cup	0.110
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.110
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.110
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.110

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.110
11618	Eppaw, raw	100.0	1.0 cup	0.110
18239	Croissants, butter	28.35	1.0 oz	0.110
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.110
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.110
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.110
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.110
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.110
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.109
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	0.109
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.109
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	0.109
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.109
18028	Bread, egg, toasted	28.35	1.0 oz	0.109
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.109
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.109
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	0.109
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.109
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	0.109
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.109
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.109
18061	Bread, rye, toasted	28.35	1.0 oz	0.108
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.108
11527	Tomatoes, green, raw	180.0	1.0 cup	0.108
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.108
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.108
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.108
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.108
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.108
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.108
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.107
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.107
01024	Cheese, limburger	134.0	1.0 cup	0.107

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.107
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.107
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.107
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.107
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	0.107
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.107
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.107
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	0.106
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.106
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.106
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.106
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.106
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.106
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.106
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.106
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.106
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.106
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.106
21249	BURGER KING, french fries	74.0	1.0 small serving	0.106
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.106
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.106
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.106
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	0.106
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.106
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.106
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.105
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.105
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	0.105
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	0.105
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.105
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	0.105
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.105
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	0.105

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.105
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.105
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.105
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.105
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.105
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.105
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.105
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.105
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.105
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.105
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.105
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.105
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.105
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.105
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.105
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	0.105
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.104
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.104
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.104
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.104
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.104
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.104
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.104
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.104
43128	Chicken, meatless	168.0	1.0 cup	0.104
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.104
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.104
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.104
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.104
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.104
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.104
20013	Bulgur, cooked	182.0	1.0 cup	0.104
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.104
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.104

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.104
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.104
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.104
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.104
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.104
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.104
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.103
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.103
01112	Whey, acid, fluid	246.0	1.0 cup	0.103
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.103
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.103
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.103
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.103
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.103
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.103
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0.103
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.103
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.102
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	0.102
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.102
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.102
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.102
15103	Fish, spot, raw	64.0	1.0 fillet	0.102
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.102
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	0.102
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.102
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.102
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.102
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.102
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.102
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.102
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.102
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.102
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.102
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.102

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.102
93600	Turtle, green, raw	85.0	3.0 oz	0.102
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.102
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.102
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	0.102
15112	Fish, tilefish, raw	85.0	3.0 oz	0.102
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.102
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.102
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.102
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.102
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.102
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.102
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.102
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.102
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.102
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.102
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.102
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.102
09088	Elderberries, raw	145.0	1.0 cup	0.102
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.102
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.101
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.101
18025	Bread, cracked-wheat	28.35	1.0 oz	0.101
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.101
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.101
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.101
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.101
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.101
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.101
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.101
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.101
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.101

NDB_No	Description	Weight(g)	Measure	Thiamin(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	0.101
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.101
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.101
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.101
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.101
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	0.101
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.101
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.101
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.101
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.101
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.101
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.101
18177	Cookies, molasses	28.35	1.0 oz	0.101
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.101
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.101
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.100
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.100
11976	Pepper, banana, raw	124.0	1.0 cup	0.100
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.100
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.100
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.100
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.100
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.100
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.100
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.100
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.100
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.100
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.100
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.100
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.100
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.100
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.099
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.099
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.099
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.099

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.099
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.099
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.099
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.099
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.099
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.099
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.099
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.099
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.099
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.099
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	0.099
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.099
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.099
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.099
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.099
21083	Fast foods, taco salad	198.0	1.5 cup	0.099
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.099
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.099
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.099
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	0.099
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	0.099
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.099
11518	Taro, raw	104.0	1.0 cup, sliced	0.099
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.099
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.099
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.099
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.099
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.099
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.099
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.099
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.099
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.099
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.099
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.098

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.098
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.098
21268	TACO BELL, Nachos	80.0	1.0 serving	0.098
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.098
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.098
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.098
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	0.098
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.098
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.098
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	0.098
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.098
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.098
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.098
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.098
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.098
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.098
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.098
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.098
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.098
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.098
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.098
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.098
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.098
15008	Fish, carp, raw	85.0	3.0 oz	0.098
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.098
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	0.098
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.098
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.098
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.098
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.097
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.097
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.097
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.097
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.097

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.097
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.097
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.097
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.097
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.097
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.097
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.097
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.097
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.097
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.097
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.097
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.097
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.096
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.096
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.096
18047	Bread, raisin, enriched	28.35	1.0 oz	0.096
17142	Veal, ground, raw	85.0	3.0 oz	0.096
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.096
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.096
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.096
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.096
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	0.096
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.096
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.096
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.096
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.096
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.096
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.096
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.096
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.096
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.096
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.096
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.096
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	0.096
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.095
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.095

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.095
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.095
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.095
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.095
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.095
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.095
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.095
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	0.095
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.095
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.095
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.095
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.095
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.095
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.095
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.094
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	0.094
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.094
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.094
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.094
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.094
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.094
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.094
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.094
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.094
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.094
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.094
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.094
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	0.094
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.094
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
15044	Fish, ling, raw	85.0	3.0 oz	0.094
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.094
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.094

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.094
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.094
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.094
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.094
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.094
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	0.094
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.094
15090	Fish, scup, raw	85.0	3.0 oz	0.094
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.094
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.094
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.094
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.094
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
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	0.094
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.094
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.093
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.093
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.093
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.093
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.093
35147	Tamales (Navajo)	186.0	1.0 piece	0.093
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.093
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.093
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	0.093

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.093
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	0.093
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.093
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.093
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.093
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.093
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.093
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	0.093
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.093
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.093
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.093
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.093
18044	Bread, pumpernickel	28.35	1.0 oz	0.093
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.093
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.093
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.093
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.093
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.092
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.092
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.092
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.092
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.092
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.092
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.092
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.092
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.092
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.092
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.092
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.092
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.092
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.092
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.092
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.092
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.092
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.092
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.092

NDB_No	Description	Weight(g)	Measure	Thiamin(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	0.092
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.092
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.092
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.092
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.092
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.092
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	0.092
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.091
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.091
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.091
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.091
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.091
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.091
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.091
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.091
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.091
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.091
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.091
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.091
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.091
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.091
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.091
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.091
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.091
17162	Game meat, caribou, raw	28.35	1.0 oz	0.091
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.091
17144	Game meat, antelope, raw	28.35	1.0 oz	0.091
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.091
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.091
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.090
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.090
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.090
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.090

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	0.090
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.090
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.090
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.090
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.090
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.090
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.090
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.090
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.090
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.090
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.090
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.090
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.090
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.090
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.090
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	0.090
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.090
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.090
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.090
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.090
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.089
01021	Cheese, gjetost	28.35	1.0 oz	0.089
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.089
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.089
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.089
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.089
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.089
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.089
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.089
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.089
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.089
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.089
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.089

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01114	Whey, sweet, fluid	246.0	1.0 cup	0.089
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.089
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.089
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.088
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.088
18242	Croutons, plain	14.2	0.5 oz	0.088
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.088
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.088
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.088
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.088
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.088
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.088
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.088
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.088
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.088
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.088
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.088
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.088
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.088
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.088
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.088
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.088
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.088
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.088
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.088
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.088
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.088
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.088
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.088
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.088
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.088
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.087
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.087

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.087
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.087
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.087
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.087
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.087
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.087
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.087
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.087
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.087
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.087
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.087
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.087
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.087
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.087
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.087
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.087
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.087
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.087
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.087
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.087
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.087
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.087
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.087
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.087
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.087
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.087
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.086
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.086
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.086
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.086
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.086
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.086
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.086
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.086
01057	Eggnog	254.0	1.0 cup	0.086

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.086
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.086
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.086
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.086
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.086
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.086
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.086
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.086
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.086
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	0.086
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	0.086
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.086
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.086
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.086
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.086
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.086
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.086
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.086
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.086
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.086
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.086
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.086
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.085
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.085
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.085
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.085
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.085
20089	Wild rice, cooked	164.0	1.0 cup	0.085
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.085
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.085
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.085
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.085
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.085
18266	English muffins, whole-wheat	28.35	1.0 oz	0.085
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.085
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.085

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.085
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	0.085
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	0.085
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.085
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.085
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.085
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.085
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.085
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.085
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.085
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.085
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.085
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.085
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.085
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.085
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.085
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.085
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
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	0.085
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.085

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.085
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.085
15074	Fish, sablefish, raw	85.0	3.0 oz	0.085
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.085
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.085
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.085
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.085
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.085
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.085
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	0.085
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.085
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.085
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.085
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.085
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.085
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.085
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.085
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.085
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.085
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.085
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.085
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.085
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.085
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.085
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.085
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.085
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.085
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.085

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.085
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.085
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.085
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.085
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.085
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.084
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.084
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.084
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.084
11124	Carrots, raw	128.0	1.0 cup chopped	0.084
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.084
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.084
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.084
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.084
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.084
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.084
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.084
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.084
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.084
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.084
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.084
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.084
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.084
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.084
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.084
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.084
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.084
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	0.084
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	0.084
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.084
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.084
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.084
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.084
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	0.084
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.084

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.084
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.084
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.084
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.084
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.084
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.083
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.083
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.083
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.083
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.083
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.083
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.083
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.083
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.083
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	0.083
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.083
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.083
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.083
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.083
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.083
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.083
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.083
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.083
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.083
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.083
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.083
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.083
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.083
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.083
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.083
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.082
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.082
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.082
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.082
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.082

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.082
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.082
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.082
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.082
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.082
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.082
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.082
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.082
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.082
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.082
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.082
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.082
43483	Millet, puffed	21.0	1.0 cup	0.082
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.082
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.082
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.082
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.082
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.082
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.082
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.082
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.082
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.082
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.082
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.082
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.081
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.081
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.081
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.081
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.081
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.081
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.081
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.081
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	0.081
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.081
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.081
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.081
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.081
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.081
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.081
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.081
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.081
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.081
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.081
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.081
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.081
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.081
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.081
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.081
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	0.081
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.081
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.081
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.081
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.081
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.081
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.081
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.081
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.080
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.080
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.080
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.080
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.080
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.080
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.080
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.080
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.080
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.080
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.080
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.080
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	0.080

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.080
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.080
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.080
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.080
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.080
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.080
18214	Crackers, cheese, regular	14.2	0.5 oz	0.080
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.080
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.080
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	0.080
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.080
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.080
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0.080
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.080
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.080
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.080
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.080
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.079
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.079
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.079
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.079
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.079
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.079
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.079
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.079
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.079
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.079
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.079
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.079
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.079
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.079
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.079
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.079
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	0.079

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17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.079
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.079
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.079
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.079
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.079
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.079
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.079
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.079
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.079
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.078
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.078
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.078
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.078
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.078
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.078
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.078
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.078
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.078
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.078
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.078
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.078
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.078
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.078
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.078
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.078
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.078
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.078
11141	Celeriac, raw	156.0	1.0 cup	0.078
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.078
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.078
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.078
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.078
01238	Ice cream sandwich	70.0	1.0 serving	0.078
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.078
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.078

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.078
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0.078
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.078
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.077
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.077
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.077
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.077
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.077
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.077
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.077
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.077
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.077
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.077
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.077
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.077
09277	Plantains, raw	148.0	1.0 cup, sliced	0.077
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.077
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.077
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.077
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.077
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.077
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.077
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.077
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.077
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.076
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.076
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.076
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.076
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.076

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13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.076
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.076
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
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	0.076
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.076
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.076
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.076
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.076
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.076
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.076
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.076
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.076
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.076

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.076
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	0.076
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.076
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	0.076
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.076
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.076
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.076
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.076
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.076
18223	Crackers, milk	14.2	0.5 oz	0.076
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.076
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.076
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.076
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.076
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.076
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.076
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.076
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.076
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.076
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.076
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.076
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.076
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.076
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.076
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.076
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.076

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.076
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.076
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.076
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.076
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.076
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.076
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.076
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.076
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.076
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.076
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.076
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.076
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.075
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.075
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.075
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	0.075
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.075
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.075
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.075
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.075
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.075
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.075
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.075

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.075
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.075
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.075
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.075
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.075
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.075
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.075
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.075
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.075
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.075
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.075
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.075
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.075
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.075
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.075
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.075
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.075
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.075
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.075
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.074
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.074
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074
18283	Muffins, oat bran	28.35	1.0 oz	0.074
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.074
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.074
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.074
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.074
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.074
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.074
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.074
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)	0.074
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.074

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.074
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.074
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.074
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.074
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.074
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.074
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.074
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.074
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.074
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.074
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.074
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.074
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.074
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.074
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.074
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.074
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.074
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.074
11282	Onions, raw	160.0	1.0 cup, chopped	0.074
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.074
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.074
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	0.074
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.073
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.073
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.073
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.073
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.073
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.073
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.073
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.073
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.073
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.073
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.073
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.073
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.073
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	0.073

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.073
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.073
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.073
28292	Crackers, multigrain	14.0	4.0 crackers	0.073
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.073
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.073
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.073
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.073
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.073
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.073
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.072
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.072
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.072
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.072
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.072
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.072
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.072
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.072
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.072
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.072
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.072
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.072
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.072
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0.072
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.072
18243	Croutons, seasoned	14.2	0.5 oz	0.072
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.072
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.072
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.072
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.072
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.071
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.071
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.071
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	0.071
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.071
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.071

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.071
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.071
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.071
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.071
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.071
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.071
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.071
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.071
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.071
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.071
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.071
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.071
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	0.071
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.071
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.071
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.071
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.071
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.071
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.071
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.071
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.071
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0.071
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.071
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.071
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.071
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.071
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.071
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.071
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.071
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.071
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.071
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.071
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.071
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.071
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.071

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.071
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.071
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.071
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.071
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.071
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.071
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.071
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.071
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.070
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.070
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.070
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.070
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.070
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.070
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.070
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.070
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.070
07005	Blood sausage	100.0	4.0 slices	0.070
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.070
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.070
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.070
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.070
09040	Bananas, raw	225.0	1.0 cup, mashed	0.070
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.070
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.070
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.070
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.070
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.070
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.070
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.070
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.070
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.070
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.070

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.070
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.070
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.070
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.070
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.070
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.070
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.070
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.070
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.070
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.070
15013	Fish, cisco, raw	79.0	1.0 fillet	0.070
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.069
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.069
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.069
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.069
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.069
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.069
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	0.069
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.069
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.069
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.069
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.069
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.069
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.069
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.069
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.069
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.069
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.069
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.069
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.069
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.069
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.069
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.069
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.069
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.069

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.069
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.069
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.069
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.069
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.069
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.069
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.069
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.069
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.069
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.069
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.069
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.069
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.069
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.069
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)	0.069
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.069
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.069
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.069
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.069
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.069
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.069
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.069
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.068
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.068
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.068
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.068
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.068
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.068
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.068
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.068
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.068
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	0.068
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.068
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.068
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.068
43146	Eggplant, pickled	136.0	1.0 cup	0.068
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.068
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.068
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.068
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.068
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.068
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.068
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.068
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.068
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.068
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
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	0.068
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.068
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.068
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.068
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.068
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.068
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.068
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.068
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.068
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.068
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.068
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.068
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.068
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.068
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.068
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.068
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.068
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.068
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	0.068
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.068
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.068
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.068
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.068
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.068
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.068
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.068
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.068
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.068
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.068
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.068
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.068
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.068
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.068
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.068
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.068
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.068
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.068
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.068
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.068
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.068
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.068
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.068
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.068
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.068
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.068
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.068
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.068
11241	Kohlrabi, raw	135.0	1.0 cup	0.068
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.067
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.067
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.067
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	0.067
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.067
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.067

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.067
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.067
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.067
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.067
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.067
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.067
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.067
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.067
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.067
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.067
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.067
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)	0.067
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.067
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.067
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.067
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.067
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	0.067
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.067
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.067
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.067
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.067
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.067
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.067
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.067
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.067
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.067
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.067
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.067
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.067
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.067
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	0.067
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.067

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.067
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.067
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.067
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.067
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.067
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.067
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.067
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.067
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.067
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.067
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.067
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.067
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.067
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.067
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.067
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.067
21140	Side dishes, potato salad	95.0	0.333 cup	0.066
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.066
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.066
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.066
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.066
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.066
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.066
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.066
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.066
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.066
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.066
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.066
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.066
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.066
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.066
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.066
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.066
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.066
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.066

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.066
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.066
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.066
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.066
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.066
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.066
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.066
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.066
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.066
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.066
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.066
18240	Croissants, apple	28.35	1.0 oz	0.066
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.066
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.066
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.066
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.066
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.066
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.066
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.066
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.065
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.065
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.065
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.065
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.065
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.065
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.065
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.065
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.065
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.065
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.065
07031	Ham salad spread	15.0	1.0 tbsp	0.065
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.065
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.065
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.065
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	0.065
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0.065

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.065
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.065
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.065
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.065
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.065
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.065
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.065
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.065
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.065
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.065
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.065
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.065
11090	Broccoli, raw	91.0	1.0 cup chopped	0.065
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.065
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.065
09295	Pummelo, raw	190.0	1.0 cup, sections	0.065
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.065
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.065
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.065
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.065
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.065
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.065
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.065
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.065
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.065
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.065
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.064
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.064
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.064
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	0.064
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.064

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.064
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.064
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.064
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.064
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.064
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.064
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.064
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.064
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.064
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.064
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.064
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.064
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.064
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.064
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.064
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.064
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.064
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.064
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.064
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.064
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.064
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.064
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.064
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.064
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.064
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.064
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)	0.064
15110	Fish, swordfish, raw	85.0	3.0 oz	0.064
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.064
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.064

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.064
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.064
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.064
09433	Clementines, raw	74.0	1.0 fruit	0.064
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.064
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.064
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.064
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.064
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.063
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.063
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.063
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.063
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.063
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.063
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.063
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.063
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.063
80200	Frog legs, raw	45.0	1.0 leg	0.063
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.063
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.063
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	0.063
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.063
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.063
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.063
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.063
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.063
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.063
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.063
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.063
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.063
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.063
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.063
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.063
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.063
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.063

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.063
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.063
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.063
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.063
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.063
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.063
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.063
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.063
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.063
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.063
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.062
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.062
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	0.062
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	0.062
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	0.062
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0.062
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.062
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.062
17164	Game meat, deer, raw	28.35	1.0 oz	0.062
43282	Quail, cooked, total edible	28.35	1.0 oz	0.062
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.062
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.062
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.062
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.062
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.062
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.062
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.062
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.062
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.062
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.062
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.062
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.062

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
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)	0.062
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.062
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.062
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.062
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.062
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.062
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.062
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.062
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.062
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.062
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.062
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.062
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.062
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.062
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.062
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.062
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.062
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.062
09143	Guava sauce, cooked	238.0	1.0 cup	0.062
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.062
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.062
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.062
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.062
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.062
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.062
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.062
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.062
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.061
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.061
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.061
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.061
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	0.061
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.061
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.061

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.061
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.061
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.061
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.061
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.061
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.061
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.061
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.061
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.061
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.061
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.061
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.061
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	0.061
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.061
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.061
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.061
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.061
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.061
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.061
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.061
09160	Lime juice, raw	242.0	1.0 cup	0.061
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.060
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.060
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.060
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.060
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.060
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.060
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.060
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.060
18971	Bread, potato	32.0	1.0 slice	0.060
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.060
07040	Liver cheese, pork	28.35	1.0 oz	0.060
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.060
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0.060
09107	Gooseberries, raw	150.0	1.0 cup	0.060
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.060
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.060
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.060
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.060
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.060
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.060
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.060
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.060
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	0.060
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.060
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.060
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.060
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.060
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.060
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.060
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.060
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.060
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.060
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.060
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.060
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.060
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.060
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.060
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
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	0.060
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.060
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.060
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.060
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
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	0.060
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.060
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.060
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.060
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.060
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.060
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
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	0.060
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060
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	0.060
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
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	0.060
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	0.060
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
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	0.060
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.060
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.060
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.060
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.060
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.060
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
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	0.060
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.060
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.060
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.060
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.060
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.060
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.060
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.060
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.060
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.060
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.060
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.060
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.060
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.060
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.060
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.060
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.060
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.060
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060
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)	0.060
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	0.060
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.060
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.060
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.060
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.060
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.060
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.060
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.060
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.060
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.060
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	0.060
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.060
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.059

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.059
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.059
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.059
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.059
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.059
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.059
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.059
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.059
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.059
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.059
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.059
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.059
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.059
03217	Zwieback	28.35	1.0 oz	0.059
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.059
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.059
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.059
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.059
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.059
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.059
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.059
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.059
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.059
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.059
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.059
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.059
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.059
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.059
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.059
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.059
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.059
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.059
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.059
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.059

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.059
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.059
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.059
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.059
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.059
09152	Lemon juice, raw	244.0	1.0 cup	0.059
11520	Taro leaves, raw	28.0	1.0 cup	0.059
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.058
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.058
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.058
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.058
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.058
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.058
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.058
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.058
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.058
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.058
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.058
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.058
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.058
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.058
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.058
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.058
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.058
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.058
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.058
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.058
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.058
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.058
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.058
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.058
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.058
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.058
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)	0.058
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.058

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.058
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.058
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.058
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.058
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.058
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.058
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.058
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.058
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.058
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.058
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.058
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.058
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.058
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.058
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.058
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.057
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.057
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.057
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.057
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.057
18224	Crackers, rusk toast	14.2	0.5 oz	0.057
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	0.057
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.057
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.057
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	0.057
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.057
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.057
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.057
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.057
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.057
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.057
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.057
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.057
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.057

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.057
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.057
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.057
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.057
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.057
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.057
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.057
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.057
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.057
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.057
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.057
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.057
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.057
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.057
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.057
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.057
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.057
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.057
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.057
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.057
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.057
18172	Cookies, gingersnaps	28.35	1.0 oz	0.057
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.057
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.057
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.057
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.057
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.057
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.056
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.056
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.056
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.056
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.056

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.056
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.056
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.056
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)	0.056
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.056
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.056
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.056
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.056
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.056
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.056
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)	0.056
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.056
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.056
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.056
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.056
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.056
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.056
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.056
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.056
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.056
09083	Currants, european black, raw	112.0	1.0 cup	0.056
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.056
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.056
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.056
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.056

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.056
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.056
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.056
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.056
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.056
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.056
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.055
09446	Plantains, green, fried	118.0	1.0 cup	0.055
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.055
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.055
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.055
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.055
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.055
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.055
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.055
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.055
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.055
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.055
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.055
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.055
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.055
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.055
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.055
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.055
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.055
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.055
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.055
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)	0.055
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.055
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.055
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.055
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.055
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.055
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.055

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.055
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.055
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.055
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.055
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.055
18217	Crackers, matzo, plain	14.2	0.5 oz	0.055
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.055
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.055
09050	Blueberries, raw	148.0	1.0 cup	0.055
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.055
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.055
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.055
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.055
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.055
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.055
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.055
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.055
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.055
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.055
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.055
16055	Carob flour	103.0	1.0 cup	0.055
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.055
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.055
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.055
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.054
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.054
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.054
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.054
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.054
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.054
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.054
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.054
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.054
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.054
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.054
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.054
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.054
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.054
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.054
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.054
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.054
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.054
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.054
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.054
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.054
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.054
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.054
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.054
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.054
18245	Danish pastry, cheese	28.35	1.0 oz	0.054

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.054
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.054
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.054
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.054
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.054
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.054
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.054
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.054
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.054
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.054
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.054
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.054
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.054
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.054
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.054
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.054
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.054
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.054
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.054
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.054
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.054
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.054
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.054
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.054
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.054
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.054
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.054
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.054
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.053
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.053
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.053
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.053
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.053
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.053
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.053
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.053
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.053
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.053
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.053
11616	Dock, raw	133.0	1.0 cup, chopped	0.053
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.053
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.053
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.053
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.053
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.053
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.053
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.053
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.053
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.053
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.053
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.053
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.053
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.053
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.053
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.053
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.053
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.053

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.053
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.053
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.053
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.053
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.053
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.053
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.053
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.053
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.053
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.053
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.053
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.053
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.052
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.052
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.052
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.052
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.052
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.052
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.052
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.052
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.052
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.052
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.052
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.052
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.052
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	0.052
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.052
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.052
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.052
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.052
11564	Turnips, raw	130.0	1.0 cup, cubes	0.052
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.052
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	0.052
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.052

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.052
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.052
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.052
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.052
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.052
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.052
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.052
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.052
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.052
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.052
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.052
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.052
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.052
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.052
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.052
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.052
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.052
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.052
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.052
11297	Parsley, fresh	60.0	1.0 cup chopped	0.052
18171	Cookies, fortune	28.35	1.0 oz	0.052
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.052
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.052
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.052
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.051
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.051
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.051
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.051
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.051
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.051
15022	Fish, cusk, raw	122.0	1.0 fillet	0.051
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.051
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.051
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.051

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.051
11965	Cauliflower, green, raw	64.0	1.0 cup	0.051
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.051
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)	0.051
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.051
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.051
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.051
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.051
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.051
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.051
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.051
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.051
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.051
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.051
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.051
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.051
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.051
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.051
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.051
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.051
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	0.051
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.051
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	0.051
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.051
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	0.051
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.051
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.051
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.051
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	0.051
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.051
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.051

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.051
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.051
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.051
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.051
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.051
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.051
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.051
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.051
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.051
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.051
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.051
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.051
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.051
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.051
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.051
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.051
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.051
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.051
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.051
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.051
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.051
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.051
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.051
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.051
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.051
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.051
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.051
18235	Crackers, whole-wheat	28.0	1.0 serving	0.051
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.051

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.051
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.051
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.051
09326	Watermelon, raw	154.0	1.0 cup, balls	0.051
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.051
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.051
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.051
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.051
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.051
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.051
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.051
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.050
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.050
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.050
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	0.050
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.050
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.050
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.050
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.050
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.050
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.050
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.050
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.050
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.050
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.050
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.050
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.050
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.050
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.050
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.050
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.050
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.050
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.050
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.050
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.050
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.050

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.050
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.050
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.050
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.050
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.050
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.050
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.050
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.050
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.050
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.050
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.050
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.050
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.050
16122	Soy protein isolate	28.35	1.0 oz	0.050
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.050
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.050
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.050
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.050
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.050
21127	Fast foods, coleslaw	191.0	1.0 cup	0.050
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.050
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.050
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.050
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.050
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.050
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.050
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.050
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.050
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.050
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.050
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.049
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.049
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.049
19524	Snacks, taro chips	28.35	1.0 oz	0.049
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.049
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.049

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.049
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.049
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)	0.049
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.049
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.049
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.049
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.049
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.049
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.049
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.049
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.049
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.049
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.049
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.049
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.049
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.049
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.049
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.049
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.049
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.049
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.049
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.049
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.049
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.049
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.049
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.049
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.049
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.049
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.049
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.049
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.049
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.049
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.049
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.049

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.049
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.049
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.049
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.049
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.049
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.049
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.049
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.049
09191	Nectarines, raw	143.0	1.0 cup slices	0.049
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	0.049
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.049
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.049
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.049
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.049
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.049
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.049
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.049
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.048
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.048
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.048
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.048
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.048
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.048
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.048
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.048
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.048
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.048
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.048
07024	Frankfurter, chicken	85.0	3.0 oz	0.048
09002	Acerola juice, raw	242.0	1.0 cup	0.048
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.048
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.048

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.048
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.048
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.048
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.048
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.048
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.048
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.048
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.048
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.048
16129	Tofu, fried	28.35	1.0 oz	0.048
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.048
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.048
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.048
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.048
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.048
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.048
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.048
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0.048
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.048
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.048
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.048
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.048
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.048
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.048
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.048
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.048
07033	Ham and cheese spread	15.0	1.0 tbsp	0.048
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.048
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.048
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.048
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.048
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.048
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.048
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.048
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.048
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.048

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.048
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.048
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.048
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.048
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.048
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.048
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.048
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.048
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.048
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.048
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.048
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.047
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.047
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.047
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.047
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.047
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.047
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.047
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.047
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.047
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.047
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.047
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.047
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.047
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.047
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.047
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.047
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.047
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.047
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.047
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.047
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.047

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.047
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.047
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.047
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.047
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.047
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.047
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.047
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.047
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.047
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.047
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.047
11986	Malabar spinach, cooked	44.0	1.0 cup	0.047
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.047
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.047
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.046
09021	Apricots, raw	155.0	1.0 cup, halves	0.046
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	0.046
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.046
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.046
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.046
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.046
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.046
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.046
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.046
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.046
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.046
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.046
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.046
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.046
09176	Mangos, raw	165.0	1.0 cup pieces	0.046
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.046
09279	Plums, raw	165.0	1.0 cup, sliced	0.046
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.046
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.046
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.046
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.046

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.046
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.046
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0.046
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.046
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.046
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.046
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.046
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.046
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.046
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.046
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.046
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.046
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.046
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.046
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.046
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.046
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.046
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.046
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.046
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.046
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.046
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.046
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.046
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.046
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.046
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.046
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.046
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.046
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.046
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.046
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.046
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.046
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.046
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.045
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.045
17146	Game meat, bear, raw	28.35	1.0 oz	0.045

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.045
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.045
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.045
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.045
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.045
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.045
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.045
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.045
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.045
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.045
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.045
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.045
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.045
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.045
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.045
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.045
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.045
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.045
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.045
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.045
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.045
09084	Currants, red and white, raw	112.0	1.0 cup	0.045
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.045
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.045
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.045
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.045
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.045
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.045
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.045

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18170	Cookies, fig bars	28.35	1.0 oz	0.045
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.045
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.045
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.045
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.045
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.045
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.045
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.045
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.045
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.045
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.044
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.044
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.044
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.044
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.044
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.044
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.044
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.044
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.044
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.044
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.044
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.044
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.044
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.044
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.044
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.044
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.044
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.044
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.044
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.044
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.044
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.044
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.044
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.044
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.044
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.044
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.044
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.044
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.044
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.044
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.044
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.044
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.044
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.044
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.044
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.044
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.043
18952	Tostada shells, corn	12.3	1.0 piece	0.043
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.043
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.043
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.043
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.043
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.043
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.043
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.043
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.043
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.043
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.043
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.043
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.043
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.043
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.043

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.043
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.043
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.043
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.043
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.043
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.043
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.043
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.043
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.043
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.043
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.043
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.043
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.043
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.043
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.043
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.043
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.043
18355	Sweet rolls, cheese	28.35	1.0 oz	0.043
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.043
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.042
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.042
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.042
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.042
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.042
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.042
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.042
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.042
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.042
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.042
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.042
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.042
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.042
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.042

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11005	Arrowhead, raw	25.0	1.0 large	0.042
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.042
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.042
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.042
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.042
12059	Nuts, acorns, dried	28.35	1.0 oz	0.042
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.042
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.042
11080	Beets, raw	136.0	1.0 cup	0.042
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.042
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.042
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.042
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.042
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.042
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.042
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.042
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.042
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.042
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.042
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.042
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.042
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.042
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.042
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.042
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.042
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.042
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.042
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.042
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.042
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.042
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.042
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.042
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.042
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.042
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.042

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.042
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.042
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.042
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.042
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.042
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.042
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.042
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.042
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.042
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.042
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.042
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.042
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.042
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.041
21420	KFC, Coleslaw	112.0	1.0 package	0.041
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.041
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.041
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.041
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.041
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.041
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.041
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.041
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.041
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	0.041
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.041
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.041
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.041
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.041
09294	Prune juice, canned	256.0	1.0 cup	0.041
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.041
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.041
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.041
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.041
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.041

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.041
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.041
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.041
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.041
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.041
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.041
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.041
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.041
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.041
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.041
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.041
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.041
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.041
09190	Mulberries, raw	140.0	1.0 cup	0.041
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.041
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.040
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.040
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.040
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.040
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.040
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.040
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.040
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.040
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.040
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0.040
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.040
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.040
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.040
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.040
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.040
11203	Cress, garden, raw	50.0	1.0 cup	0.040
22971	Potato salad with egg	125.0	0.5 cup	0.040
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.040
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.040

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.040
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.040
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.040
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.040
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.040
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.040
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.040
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.040
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.040
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.040
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.040
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.040
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.040
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.040
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.040
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.040
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.040
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.040
11190	Cornsalad, raw	56.0	1.0 cup	0.040
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.040
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.040
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.040
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.040
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.040
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
01156	Cheese, goat, hard type	28.35	1.0 oz	0.040
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	0.040

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.040
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.040
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.040
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.040
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
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	0.040
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.040
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.040
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.040
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.040
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.040
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.040
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.040
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.040
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.039
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.039
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.039
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.039
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.039
09302	Raspberries, raw	123.0	1.0 cup	0.039
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.039
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.039
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.039
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.039
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.039
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.039
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.039
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.039
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.039
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.039
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.039
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.039
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.039

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.039
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.039
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.039
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.039
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.039
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.039
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.039
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.039
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.039
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.039
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.039
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.039
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.038
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.038
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.038
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.038
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.038
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.038
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.038
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.038
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.038
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.038
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.038
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.038
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.038
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.038
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.038
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.038
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.038
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.038
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.038
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.038
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.038
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.038
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.038

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.038
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.038
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.038
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.038
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.038
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	0.038
11086	Beet greens, raw	38.0	1.0 cup	0.038
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.038
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.038
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.038
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.038
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.038
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.038
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.038
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.038
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.038
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.038
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.038
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.038
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.038
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	0.038
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.038
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.038
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.038
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	0.038
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.038
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.038
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.038
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.038
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.038
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.037
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.037
21129	Fast foods, hush puppies	22.0	1.0 piece	0.037

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.037
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.037
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.037
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.037
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.037
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.037
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.037
11231	Jute, potherb, raw	28.0	1.0 cup	0.037
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.037
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.037
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.037
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.037
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.037
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.037
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.037
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.037
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.037
20002	Amaranth grain, cooked	246.0	1.0 cup	0.037
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.037
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.037
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.037
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.037
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.037
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.037
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.037
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	0.037
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037
17170	Game meat, horse, raw	28.35	1.0 oz	0.037
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.037
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.037
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
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	0.037
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.037
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.037
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.037
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.037
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.037
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.037
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.037
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.037
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.037
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.037
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.037
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.037
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.037
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.037
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.037
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.037
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.037
19352	Syrups, malt	332.0	1.0 cup	0.037
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.036
09316	Strawberries, raw	152.0	1.0 cup, halves	0.036
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.036

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.036
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.036
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.036
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.036
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.036
19349	Syrups, corn, dark	328.0	1.0 cup	0.036
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.036
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.036
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.036
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.036
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.036
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.036
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.036
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.036
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.036
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.036
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.036
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.036
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.036
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.036
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.036
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.036
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.036
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.036
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.036
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.036
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.036
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.036
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.036
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.036
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.036
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.036
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.036

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.036
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.036
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.036
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.036
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.036
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.036
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.036
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.036
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.036
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.035
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.035
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.035
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.035
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.035
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.035
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.035
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.035
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.035
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.035
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.035
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.035
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.035
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.035
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.035
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.035
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.035
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	0.035
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.035
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.035
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.035
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.035
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.035
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.035
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.035

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.035
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.035
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.035
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.035
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.035
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.035
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.035
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.035
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.035
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.035
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.035
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.035
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.034
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.034
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.034
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.034
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.034
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.034
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.034
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.034
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.034
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.034
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.034
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.034
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.034
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.034
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.034
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.034
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	0.034
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.034
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.034
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.034
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.034
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.034

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.034
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.034
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.034
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
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	0.034
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.034
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.034
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.034
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.034
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.034
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.034
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.034
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.034
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.034
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.034
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.034
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.034
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.034
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.034
07050	Mortadella, beef, pork	28.35	1.0 oz	0.034
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.034
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.034
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.034
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.034
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.034
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.034

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.034
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.034
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.034
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.034
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0.034
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.034
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0.034
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0.034
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.033
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.033
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.033
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.033
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.033
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.033
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.033
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.033
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.033
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.033
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.033
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.033
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.033
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.033
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.033
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.033
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.033
09077	Crabapples, raw	110.0	1.0 cup slices	0.033
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.033
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.033
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.033
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.033
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.033
11151	Chicory, witloof, raw	53.0	1.0 head	0.033
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.033
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.033
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.033

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.033
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.033
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.033
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.033
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.032
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.032
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.032
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.032
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.032
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.032
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.032
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.032
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.032
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.032
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.032
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.032
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.032
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.032
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.032
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.032
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.032
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.032
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.032
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.032
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.032
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	0.032
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.032
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.032
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.032
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.032
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.032
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.032

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.032
12058	Nuts, acorns, raw	28.35	1.0 oz	0.032
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.032
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.032
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.032
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.032
20134	Rice noodles, cooked	176.0	1.0 cup	0.032
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.032
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.032
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.032
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.032
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.032
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.032
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.032
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.031
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.031
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.031
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.031
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.031
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.031
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.031
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.031
07052	Pastrami, turkey	57.0	2.0 slices	0.031
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.031
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.031
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.031
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.031
17224	Lamb, ground, raw	28.35	1.0 oz	0.031
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.031
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17168	Goat, raw	28.35	1.0 oz	0.031
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.031
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.031
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.031
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.031
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.031
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.031
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.031
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.031
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.031
11591	Watercress, raw	34.0	1.0 cup, chopped	0.031
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.031
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.031
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.031
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.031
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.031
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.031
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.031
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.031
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.030
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.030
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.030
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.030
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	0.030
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.030
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.030
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.030
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.030
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.030
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.030
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.030
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.030
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.030

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09043	Blackberry juice, canned	250.0	1.0 cup	0.030
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.030
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.030
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.030
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.030
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.030
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.030
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.030
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.030
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.030
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.030
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.030
18103	Coffeecake, cheese	28.35	1.0 oz	0.030
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.030
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.030
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.030
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.030
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.030
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.030
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.030
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.030
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.030
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.030
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.030
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.030
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.030
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.029
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.029
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.029
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.029
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.029
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.029
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.029
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.029
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.029
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.029

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.029
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.029
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.029
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.029
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.029
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.029
09042	Blackberries, raw	144.0	1.0 cup	0.029
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.029
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.029
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.029
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.029
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.029
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.029
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.029
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.029
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.028
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.028
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.028
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.028
09095	Figs, dried, stewed	259.0	1.0 cup	0.028
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.028
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.028
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
19147	Candies, peanut bar	28.35	1.0 oz	0.028
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.028
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.028
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.028
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.028
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.028
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.028
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.028
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.028

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.028
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.028
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.028
09174	Loquats, raw	149.0	1.0 cup, cubed	0.028
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.028
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.028
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.028
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.028
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.028
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.028
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.028
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.028
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.028
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.028
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.028
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.028
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.028
18360	Taco shells, baked	12.9	1.0 shell	0.028
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.028
01020	Cheese, fontina	132.0	1.0 cup, diced	0.028
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.028
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.028
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.028
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.028
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.028
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.028
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.028
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.028
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.027
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.027
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.027
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.027
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.027
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.027

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.027
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.027
90480	Syrup, Cane	21.0	1.0 serving	0.027
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.027
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.027
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.027
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.027
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.027
19415	Snacks, potato sticks	28.35	1.0 oz	0.027
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.027
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.027
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.027
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.027
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.027
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.027
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.027
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.027
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.027
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.027
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.027
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.027
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.027
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.027
16158	Hummus, commercial	15.0	1.0 tbsp	0.027
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.027
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.027
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.027
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.027
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.027
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.027
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.027
07068	Salami, cooked, beef	26.0	1.0 slice	0.027
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.027
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.027
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.027

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.027
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.027
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.027
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.027
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.027
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.027
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.027
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.027
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.027
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.026
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.026
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.026
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.026
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.026
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.026
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.026
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.026
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.026
15128	Fish, tuna salad	85.0	3.0 oz	0.026
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.026
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.026
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.026
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.026
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.026
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.026
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.026
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.026
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.026
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.026
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.026
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.026
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.026
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.026
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0.026
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.026
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.026
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.026
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.026
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.026
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.026
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.026
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.026
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.026
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.026
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.026
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.026
15045	Fish, lingcod, raw	85.0	3.0 oz	0.026
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0.026
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.026
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.026
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.026
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.025
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.025
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.025
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.025
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.025
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.025
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.025
01035	Cheese, provolone	132.0	1.0 cup, diced	0.025
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.025
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.025

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
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	0.025
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.025
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.025
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.025
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.025
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.025
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.025
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.025
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.025
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.025
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.025
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.025
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.025
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.025
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.025
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.025
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.025
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.025
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.025
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.025
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.025
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.025
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.025
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.025
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.025
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.024
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.024
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.024
16130	Okara	122.0	1.0 cup	0.024
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.024
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.024
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.024

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.024
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.024
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.024
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.024
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.024
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.024
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.024
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.024
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.024
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.024
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.024
19400	Snacks, banana chips	28.35	1.0 oz	0.024
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.024
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.024
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.024
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.024
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.024
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.024
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.024
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.024
11154	Chicory roots, raw	60.0	1.0 root	0.024
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.024
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.024
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.024
02033	Spices, poppy seed	2.8	1.0 tsp	0.024
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.024
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.024
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.024
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.024
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.024
09192	Oheloberries, raw	140.0	1.0 cup	0.024
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.024

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.024
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.024
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.024
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.024
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.024
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.024
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.024
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.024
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.024
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
11457	Spinach, raw	30.0	1.0 cup	0.023
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.023
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.023
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.023
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.023
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.023
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.023
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.023
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
12071	Nuts, almond paste	28.35	1.0 oz	0.023
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.023
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.023
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.023
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.023
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.023
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.023
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.023
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.023
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.023
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.023
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.023
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.023
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.023
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.023
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.023
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.023
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.023
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.023
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.023
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.023
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.023
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.023
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.023
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.023
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.023
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.023
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.023
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.023
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.023
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.023
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.023
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.023
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.023
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.023
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.023
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.023
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.023

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.023
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023
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	0.023
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.023
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.023
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.023
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.023
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.023
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.023
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.023
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.022
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.022
19419	Snacks, corn cakes	9.0	1.0 cake	0.022
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.022
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.022
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.022
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.022
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.022
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.022
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.022
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.022
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.022
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.022
01144	Egg substitute, powder	9.9	0.35 oz	0.022
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.022
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.022
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.022
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.022
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.022
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.022
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.022
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.022
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.022
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.022

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.022
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.022
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.022
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.022
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.022
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.022
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.022
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.022
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.022
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.022
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.022
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.022
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.022
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.022
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.022
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.022
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.022
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.022
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.022
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.021
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.021
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.021
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.021
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.021
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.021
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.021
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.021
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.021
15054	Fish, monkfish, raw	85.0	3.0 oz	0.021
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.021
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.021
11143	Celery, raw	101.0	1.0 cup chopped	0.021

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.021
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.021
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.021
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.021
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	0.021
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.021
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.021
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.021
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.021
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.021
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.021
09164	Litchis, raw	190.0	1.0 cup	0.021
09287	Prickly pears, raw	149.0	1.0 cup	0.021
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.021
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.021
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.021
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.021
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.021
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.021
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.021
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.021
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.021
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.021
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.020
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.020
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.020
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.020
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.020
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.020
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.020
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.020
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.020
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.020
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.020
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.020
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.020
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.020
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.020
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.020
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
11427	Purslane, raw	43.0	1.0 cup	0.020
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.020
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.020
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.020
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.020
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.020
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.020
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.020
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.020
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.020
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.020
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.020
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.020
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.020
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.020
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.020
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.020
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.020
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.020
11213	Endive, raw	25.0	0.5 cup, chopped	0.020
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.020
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.020
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.020
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.020
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.020
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.020
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.020
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.020
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.020
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.020
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.020
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.020
01006	Cheese, brie	28.35	1.0 oz	0.020
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.020
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.020
01159	Cheese, goat, soft type	28.35	1.0 oz	0.020
01011	Cheese, colby	132.0	1.0 cup, diced	0.020
01025	Cheese, monterey	132.0	1.0 cup, diced	0.020
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.020
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.020
07951	Scrapple, pork	17.0	1.0 cubic inch	0.020
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.020
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.020
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.020
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.020
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.020
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.020
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.020
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.020
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.020
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.020
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.020
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.020
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.020
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.020
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.020
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.020
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.020
11161	Collards, raw	36.0	1.0 cup, chopped	0.019
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.019

NDB_No	Description	Weight(g)	Measure	Thiamin(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	0.019
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.019
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.019
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.019
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.019
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.019
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.019
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.019
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.019
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.019
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.019
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.019
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.019
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.019
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.019
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.019
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.019
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.019
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.019
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.019
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.019
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.019
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.019
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.019
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.018
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.018
01005	Cheese, brick	132.0	1.0 cup, diced	0.018
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.018
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.018
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.018
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.018
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.018
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.018
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.018

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.018
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.018
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.018
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.018
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.018
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.018
13350	Beef, cured, dried	28.0	10.0 slices	0.018
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.018
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.018
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.018
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.018
21416	POPEYES, Coleslaw	120.0	1.0 package	0.018
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.018
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.018
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.018
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.018
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.018
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.018
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.018
20133	Rice noodles, dry	57.0	2.0 oz	0.018
07960	Bologna, chicken, pork	28.0	1.0 serving	0.018
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.018
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.018
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.018
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.018
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.018
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.018
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.018
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.018
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.018
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.018
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.017
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.017
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.017
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.017

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017
01041	Cheese, tilsit	28.35	1.0 oz	0.017
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017
18323	Pie, peach	28.35	1.0 oz	0.017
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.017
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.017
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.017
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.017
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.017
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.017
11522	Taro shoots, raw	43.0	0.5 cup slices	0.017
01030	Cheese, muenster	132.0	1.0 cup, diced	0.017
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.017
17172	Game meat, moose, raw	28.35	1.0 oz	0.017
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.017
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.017
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.017
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.017
05335	Chicken, feet, boiled	28.35	1.0 oz	0.017
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.017
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.017
17150	Game meat, beaver, raw	28.35	1.0 oz	0.017
01023	Cheese, gruyere	28.35	1.0 oz	0.017
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.017
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.017
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.017
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.017
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.017
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.017
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.017
15033	Fish, haddock, raw	85.0	3.0 oz	0.017
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.017
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.017
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.017
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.017
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.017

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.017
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.017
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.017
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.017
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.017
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.017
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.017
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.017
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.017
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.017
09252	Pears, raw	140.0	1.0 cup, slices	0.017
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.017
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.017
16112	Miso	17.0	1.0 tbsp	0.017
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.016
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.016
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.016
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.016
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.016
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.016
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.016
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.016
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.016
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.016
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.016
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.016
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.016
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.016
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.016
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.016
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.016
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.016
11961	Hearts of palm, canned	146.0	1.0 cup	0.016
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.016

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.016
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.016
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.016
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	0.016
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.016
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.016
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.016
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.016
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.016
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.016
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.016
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.016
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.016
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.016
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.016
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.016
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.016
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.016
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.016
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.016
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.016
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.016
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.016
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.016
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.016
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.016
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.016
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.016
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.016
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.016
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.016
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.016
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.016
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.016

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
07971	Bologna, meat and poultry	33.0	1.0 slice	0.016
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.015
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.015
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.015
09413	Pears, raw, red anjou	126.0	1.0 small	0.015
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.015
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.015
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.015
09229	Papaya nectar, canned	250.0	1.0 cup	0.015
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.015
11118	Cabbage, kimchi	150.0	1.0 cup	0.015
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.015
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.015
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.015
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.015
11954	Tomatillos, raw	34.0	1.0 medium	0.015
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.015
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.015
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.015
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.015
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.015
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.015
06126	Gravy, turkey, dry	7.0	1.0 serving	0.015
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.015
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.015
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.015
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.015
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.015
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.015
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.015
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.015
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.015
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.015
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.015
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.015

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01040	Cheese, swiss	132.0	1.0 cup, diced	0.015
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.014
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.014
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.014
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.014
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.014
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.014
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.014
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.014
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.014
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.014
09423	Prune puree	36.0	2.0 tbsp	0.014
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.014
11147	Chard, swiss, raw	36.0	1.0 cup	0.014
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.014
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.014
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.014
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.014
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.014
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.014
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.014
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.014
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.014
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.014
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.014
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.014
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.014
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.014
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.014
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.014
42161	Bologna, beef, low fat	28.0	1.0 slice	0.014
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.014
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.014
11429	Radishes, raw	116.0	1.0 cup slices	0.014
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.014
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.014

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.014
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.014
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.014
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.014
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.014
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.014
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.014
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.014
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.014
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.014
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.014
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.014
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.014
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.014
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.014
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.014
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.014
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.014
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.014
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.013
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.013
02020	Spices, garlic powder	3.1	1.0 tsp	0.013
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.013
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.013
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.013
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.013
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.013
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.013
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.013
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.013
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.013
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.013
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.013
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.013
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.013
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.013

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.013
19353	Syrups, maple	20.0	1.0 tbsp	0.013
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.013
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.013
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.013
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.013
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.013
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.013
15014	Fish, cisco, smoked	28.35	1.0 oz	0.013
01010	Cheese, cheshire	28.35	1.0 oz	0.013
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.013
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.013
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.013
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.013
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.013
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.013
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.013
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.013
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.013
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.013
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.013
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.013
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.013
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.013
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.013
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.013
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.013
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.013
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.013
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.013
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.012
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.012
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.012
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.012
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.012
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.012
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.012
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.012
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.012
09421	Dates, medjool	24.0	1.0 date, pitted	0.012
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.012
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.012
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.012
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.012
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.012
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.012
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.012
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.012
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.012
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.012
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.012
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.012
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.012
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.012
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.012
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.012
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.012
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.012
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.012
06114	Gravy, au jus, canned	59.0	0.25 cup	0.012
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.012
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.012
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.012
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.012
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.012

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.011
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.011
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.011
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.011
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0.011
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.011
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.011
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.011
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.011
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.011
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.011
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.011
18354	Strudel, apple	28.35	1.0 oz	0.011
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.011
01039	Cheese, roquefort	28.35	1.0 oz	0.011
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.011
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.011
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.011
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.011
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.011
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.011
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.011
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.011
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.011
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.011
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.011
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.011
15053	Fish, milkfish, raw	85.0	3.0 oz	0.011
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.011
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.011
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.011
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.011
02026	Spices, onion powder	2.4	1.0 tsp	0.011
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.011
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.011

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.011
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.011
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.011
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.011
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.011
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.011
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.011
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.011
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.011
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.011
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.011
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.011
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.011
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.010
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.010
01018	Cheese, edam	28.35	1.0 oz	0.010
18106	Coffeecake, fruit	28.35	1.0 oz	0.010
01038	Cheese, romano	28.35	1.0 oz	0.010
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.010
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.010
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.010
11963	Nopales, raw	86.0	1.0 cup, sliced	0.010
07025	Frankfurter, turkey	28.35	1.0 oz	0.010
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.010
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.010
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.010
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.010
27064	Wasabi	20.0	1.0 tablespoon	0.010
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.010
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.010
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.010
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.010
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.010
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.010
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.010

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.010
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.010
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.010
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.010
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.009
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.009
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.009
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.009
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.009
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.009
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.009
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.009
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.009
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.009
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.009
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.009
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.009
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.009
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.009
07007	Bologna, beef	30.0	1.0 slice	0.009
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.009
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.009
19312	Pie fillings, apple, canned	74.0	0.125 can	0.009
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.009
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.009
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.009
01008	Cheese, caraway	28.35	1.0 oz	0.009
02016	Spices, dill seed	2.1	1.0 tsp	0.009
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.009
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.009
36030	DENNY'S, hash browns	124.0	1.0 serving	0.009
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.009
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.009
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.009
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.009

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.009
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.009
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.009
01022	Cheese, gouda	28.35	1.0 oz	0.009
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.009
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.009
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.009
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.008
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.008
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.008
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.008
90560	Mollusks, snail, raw	85.0	3.0 oz	0.008
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.008
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.008
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.008
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.008
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.008
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.008
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.008
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.008
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.008
01004	Cheese, blue	28.35	1.0 oz	0.008
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.008
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.008
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.008
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.008
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.008
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.008
02005	Spices, caraway seed	2.1	1.0 tsp	0.008
11362	Potatoes, raw, skin	38.0	1.0 skin	0.008
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.008
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.008
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.008
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.008
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.008
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01007	Cheese, camembert	28.35	1.0 oz	0.008
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.008
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.008
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.008
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.008
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.008
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.008
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.008
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.008
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.008
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.008
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.008
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.008
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.008
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.008
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.008
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.008
20015	Corn bran, crude	76.0	1.0 cup	0.008
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.008
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.008
02028	Spices, paprika	2.3	1.0 tsp	0.008
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.008
11003	Amaranth leaves, raw	28.0	1.0 cup	0.008
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.008
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.008
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.008
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.008
09437	Tamarind nectar, canned	251.0	1.0 cup	0.008
09434	Guanabana nectar, canned	251.0	1.0 cup	0.008
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.008
09436	Mango nectar, canned	251.0	1.0 cup	0.008
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.008
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.008
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.008
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.008
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.007

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.007
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.007
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.007
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.007
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.007
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.007
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.007
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.007
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.007
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.007
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.007
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.007
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.007
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.007
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.007
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.007
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.007
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.007
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.007
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.007
09216	Orange peel, raw	6.0	1.0 tbsp	0.007
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.007
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.007
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.007
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.007
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.007
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.007
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.007
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.007
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.007
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.007
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.007
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.007

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.007
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.007
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.007
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.007
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.007
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.007
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.007
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.007
02007	Spices, celery seed	2.0	1.0 tsp	0.007
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.007
02009	Spices, chili powder	2.7	1.0 tsp	0.007
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.007
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.007
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.007
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.007
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.007
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.007
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.007
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.007
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.007
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.007
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.006
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.006
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.006
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.006
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.006
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.006
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.006
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.006
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0.006
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.006
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.006
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.006
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.006
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.006
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.006

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.006
01031	Cheese, neufchatel	28.35	1.0 oz	0.006
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.006
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.006
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.006
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.006
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.006
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.006
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.006
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.006
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.006
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.006
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.006
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.006
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.006
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.006
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.006
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.006
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.006
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.006
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.006
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.006
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.006
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.006
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.006
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.006
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.006
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.006
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.006
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.006
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.006
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.006
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.006
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.006
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.006

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.006
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.006
19081	Candies, sweet chocolate	28.35	1.0 oz	0.006
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.006
15109	Fish, surimi	28.35	1.0 oz	0.006
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.006
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.006
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.006
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.006
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.006
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.006
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.006
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.006
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.006
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.006
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.006
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.006
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.006
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.006
11974	Grape leaves, raw	14.0	1.0 cup	0.006
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.006
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.006
25059	Snacks, brown rice chips	9.0	1.0 cake	0.005
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.005
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.005
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.005
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.005
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.005
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.005
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.005
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.005
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.005
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.005
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.005
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.005

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
02022	Spices, mace, ground	1.7	1.0 tsp	0.005
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.005
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.005
02038	Spices, sage, ground	0.7	1.0 tsp	0.005
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.005
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.005
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.005
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.005
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.005
02039	Spices, savory, ground	1.4	1.0 tsp	0.005
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.005
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.005
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.005
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.005
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.005
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.005
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.005
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.005
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.005
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.005
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.005
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.005
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.005
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.005
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.005
20030	Hominy, canned, white	165.0	1.0 cup	0.005
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.005
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.005
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.005
20330	Hominy, canned, yellow	160.0	1.0 cup	0.005
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.005
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.005
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.005
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.005
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.005

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.005
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.005
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.005
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.005
01179	Sour cream, light	12.0	1.0 tablespoon	0.005
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.005
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.005
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.005
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.005
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.005
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.005
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.005
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.005
19137	Toppings, strawberry	42.0	2.0 tbsp	0.005
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.005
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.005
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.005
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.005
11960	Carrots, baby, raw	15.0	1.0 large	0.004
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.004
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.004
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.004
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.004
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.004
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.004
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.004
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.004
11145	Celtuce, raw	8.0	1.0 leaf	0.004
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.004
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.004
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.004
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.004
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.004
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.004
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.004

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.004
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.004
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.004
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.004
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.004
02013	Spices, coriander seed	1.8	1.0 tsp	0.004
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.004
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.004
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.004
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.004
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.004
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.004
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.004
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.004
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.004
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.004
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.004
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.004
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.004
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.004
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.004
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.004
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.004
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.004
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.004
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.004
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.004
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.004
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.004
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.004
18021	Bread, boston brown, canned	28.35	1.0 oz	0.004
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.004
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.004
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.004
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.004
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.004

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.004
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.004
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.004
06150	Sauce, barbecue	17.0	1.0 tbsp	0.004
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.004
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.004
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.004
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.004
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.004
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.004
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.004
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.004
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.004
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.004
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.004
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.004
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.004
09156	Lemon peel, raw	6.0	1.0 tbsp	0.004
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.004
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.004
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.004
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.004
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.004
02015	Spices, curry powder	2.0	1.0 tsp	0.004
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.004
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.003
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.003
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.003
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.003
19070	Candies, butterscotch	28.35	1.0 oz	0.003
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.003
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.003
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.003
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.003
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.003
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.003
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.003
01017	Cheese, cream	14.5	1.0 tbsp	0.003
02011	Spices, cloves, ground	2.1	1.0 tsp	0.003
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.003
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.003
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.003
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.003
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.003
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.003
19297	Jams and preserves	20.0	1.0 tbsp	0.003
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.003
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.003
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.003
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.003
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.003
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.003
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.003
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.003
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.003
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.003
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.003
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.003
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.003
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.003
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.003
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.003
01225	Dulce de Leche	19.0	1.0 tbsp	0.003
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.003
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.003
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.003
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.003
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.003
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.003
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.003
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.003
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.003
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.003
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.003
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.003
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.003
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.003
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.003
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.003
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.003
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.003
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.003
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.003
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.003
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.003
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.003
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.003
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.003
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.003
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.003
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.003
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.003
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.003
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.003
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.003
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.003
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.003
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.003
27066	Sauce, horseradish	5.6	1.0 tsp	0.003
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.003
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.003
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.003
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.003
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.003

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.003
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.003
11975	Grape leaves, canned	4.0	1.0 leaf	0.003
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.003
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.003
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.003
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.003
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.003
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.003
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.003
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.003
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.003
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.003
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.003
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.003
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.002
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.002
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.002
11447	Sesbania flower, raw	3.0	1.0 flower	0.002
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.002
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.002
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.002
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.002
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.002
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.002
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.002
11156	Chives, raw	3.0	1.0 tbsp chopped	0.002
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.002
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002
02008	Spices, chervil, dried	0.6	1.0 tsp	0.002
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.002
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.002
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.002
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.002
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.002
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.002
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.002
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.002
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.002
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.002
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.002
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.002
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.002
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.002
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.002
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.002
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.002
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.002
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.002
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.002
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.002
11943	Pimento, canned	12.0	1.0 tbsp	0.002
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.002
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.002
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.002
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.002
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.002
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.002
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.002
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.002
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.002
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.002
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.002
02001	Spices, allspice, ground	1.9	1.0 tsp	0.002
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.002
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.002
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.002
11935	Catsup	17.0	1.0 tbsp	0.002
11949	Catsup, low sodium	17.0	1.0 tbsp	0.002
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.002
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.002

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.002
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.002
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.002
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.002
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.002
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.002
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.002
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.002
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.002
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.002
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.002
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.002
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.002
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.002
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.002
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.002
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.002
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.002
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.002
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.002
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.002
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.002
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.002
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.002
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.002
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.002
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.002
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.002
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.002
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.002
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.002
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.002
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.002
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.002
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.002
02054	Capers, canned	8.6	1.0 tbsp, drained	0.002
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.002
19294	Fruit butters, apple	17.0	1.0 tbsp	0.002
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.002
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.002
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.002
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.002
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.002
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.002
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.002
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.002
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.002
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.002
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.002
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.002
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.002
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.002
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.002
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.002
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.002
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.002
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.002
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.001
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.001
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.001
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.001
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.001
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.001
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.001
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.001
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.001
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.001

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.001
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.001
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.001
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.001
02066	Spearmint, dried	0.5	1.0 tsp	0.001
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.001
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.001
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.001
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.001
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.001
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.001
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.001
01173	Egg, white, dried	28.0	1.0 oz	0.001
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.001
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.001
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.001
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.001
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.001
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.001
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.001
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.001
19030	Syrup, fruit flavored	20.0	1.0 serving	0.001
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.001
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.001
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.001
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.001
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.001
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.001
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.001
01124	Egg, white, raw, fresh	33.0	1.0 large	0.001
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.001
20003	Arrowroot flour	128.0	1.0 cup	0.001
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.001
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.001
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.001
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.001

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.001
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.001
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.001
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.001
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.001
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.001
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.001
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.001
19107	Candies, hard	28.35	1.0 oz	0.001
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.001
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.001
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.001
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.001
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.001
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.001
19303	Marmalade, orange	20.0	1.0 tbsp	0.001
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.001
09172	Longans, raw	3.2	1.0 fruit without refuse	0.001
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.001
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.001
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.001
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.001
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.001
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.001
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.001
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.001
02029	Spices, parsley, dried	0.5	1.0 tsp	0.001
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.001
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.001
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.001
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.001
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.001
11959	Arugula, raw	2.0	1.0 leaf	0.001

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
02044	Basil, fresh	2.5	5.0 leaves	0.001
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.001
02021	Spices, ginger, ground	1.8	1.0 tsp	0.001
02037	Spices, saffron	0.7	1.0 tsp	0.001
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.001
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.001
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.001
09173	Longans, dried	1.7	1.0 fruit	0.001
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.001
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.001
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.001
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.001
02045	Dill weed, fresh	1.0	5.0 sprigs	0.001
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.001
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.001
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.001
11216	Ginger root, raw	2.0	1.0 tsp	0.000
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.000
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.000
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.000
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.000
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.000
02050	Vanilla extract	4.2	1.0 tsp	0.000
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.000
19108	Candies, jellybeans	11.0	10.0 small	0.000
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.000
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.000
02055	Horseradish, prepared	5.0	1.0 tsp	0.000
02049	Thyme, fresh	0.8	1.0 tsp	0.000
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.000
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.000
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.000
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.000
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.000
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.000
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.000
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.000
19340	Sugars, maple	3.0	1.0 tsp	0.000
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.000
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.000
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.000
02063	Rosemary, fresh	0.7	1.0 tsp	0.000
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.000
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.000
09165	Litchis, dried	2.5	1.0 fruit	0.000
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.000
02065	Spearmint, fresh	0.3	2.0 leaves	0.000
11984	Epazote, raw	0.8	1.0 tbsp	0.000
19300	Jellies	21.0	1.0 serving 1 tbsp	0.000
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.000
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000