USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Caffeine (mg)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: January 26, 2016 03:44 EST

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
09002	Acerola juice, raw	242.0	1.0 cup	0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	2
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	9
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	9
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0
09004	Apples, raw, without skin	110.0	1.0 cup slices	0
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0
09021	Apricots, raw	155.0	1.0 cup, halves	0
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0
11959	Arugula, raw	2.0	1.0 leaf	0
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0
11011	Asparagus, raw	134.0	1.0 cup	0
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0
03213	Babyfood, cookies	28.35	1.0 oz	0
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0
03215	Babyfood, pretzels	28.35	1.0 oz	0
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0
03216	Babyfood, teething biscuits	28.35	1.0 oz	0
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0
07921	Bacon and beef sticks	28.0	1.0 oz	0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0
16104	Bacon, meatless	144.0	1.0 cup	0
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0
28322	Bagels, multigrain	81.0	1.0 piece bagel	0
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18968	Bagels, wheat	98.0	1.0 bagel	0
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	3
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	13
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	23
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0
09040	Bananas, raw	225.0	1.0 cup, mashed	0
20130	Barley flour or meal	148.0	1.0 cup	0
20131	Barley malt flour	162.0	1.0 cup	0
20004	Barley, hulled	184.0	1.0 cup	0
20006	Barley, pearled, cooked	157.0	1.0 cup	0
20005	Barley, pearled, raw	200.0	1.0 cup	0
02044	Basil, fresh	2.5	5.0 leaves	0
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0
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
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
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
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
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
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
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
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
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
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
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
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
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
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
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
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
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
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
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
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
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
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
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
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0
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
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
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
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
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0
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
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0
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
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
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
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
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
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
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
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
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
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
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
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
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
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
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
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
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0
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
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
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0
13350	Beef, cured, dried	28.0	10.0 slices	0
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0
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
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
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
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
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
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
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
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
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
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
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
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
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
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
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
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
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
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
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
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
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
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
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
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
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
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
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
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
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
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
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
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
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
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
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
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
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
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0
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
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
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
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0
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
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
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
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
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
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
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

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
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
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
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
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
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
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
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
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
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
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
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
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
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
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
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
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
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
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
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
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
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
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
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
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
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
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
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
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
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
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
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
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
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
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
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
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
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
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
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
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
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
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
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
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
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
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
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
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
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
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
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
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
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
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
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
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
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
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
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
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
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
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
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
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
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
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
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
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
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
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
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
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0
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
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
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
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
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
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
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
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
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
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
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
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
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0
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
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
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
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
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
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
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
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
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
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0
11086	Beet greens, raw	38.0	1.0 cup	0
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0
11080	Beets, raw	136.0	1.0 cup	0
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	2
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	3
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	31
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	2
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	21
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	3
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	46
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	4
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	3
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	4
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	3
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	3
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	1
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	2
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	6
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	2
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	3
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	8
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	2
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0
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)	5
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	4
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	5
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	1
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	1
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	2
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	1
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	63
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	12
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	6
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	2
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	47
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	16
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	31
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	8
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	37
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	53
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	73
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	51
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	5
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	5
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	91
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	74
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	72
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	79
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	79
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	75
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	75
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	10
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	79
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	77
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	47
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	6
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	1
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	8
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	8
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	5
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0
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
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	72
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	1
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	58
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0
42270	Beverages, Orange juice drink	249.0	1.0 cup	0
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	6
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	6
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	52
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	2
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	2
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	24
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	11
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	29
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	10
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	57
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	13
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	11
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	14
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	1
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	1
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	1
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	3
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	8
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	8
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	25
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	29
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	36
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	40
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	3
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	21
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	163
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	163
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	2
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	71
14073	Beverages, ZEVIA, cola	355.0	1.0 can	46
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0
09042	Blackberries, raw	144.0	1.0 cup	0
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0
09043	Blackberry juice, canned	250.0	1.0 cup	0
07005	Blood sausage	100.0	4.0 slices	0
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0
09050	Blueberries, raw	148.0	1.0 cup	0
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0
07007	Bologna, beef	30.0	1.0 slice	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
07008	Bologna, beef and pork	100.0	3.527 oz	0
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0
42161	Bologna, beef, low fat	28.0	1.0 slice	0
07960	Bologna, chicken, pork	28.0	1.0 serving	0
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0
07971	Bologna, meat and poultry	33.0	1.0 slice	0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0
18021	Bread, boston brown, canned	28.35	1.0 oz	0
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0
18972	Bread, cheese	48.0	1.0 slice	0
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0
18027	Bread, egg	28.35	1.0 oz	0
18028	Bread, egg, toasted	28.35	1.0 oz	0
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0
18033	Bread, italian	28.35	1.0 oz	0
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0
18037	Bread, oat bran	28.35	1.0 oz	0
18038	Bread, oat bran, toasted	28.35	1.0 oz	0
18039	Bread, oatmeal	28.35	1.0 oz	0
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0
18971	Bread, potato	32.0	1.0 slice	0
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0
18044	Bread, pumpernickel	28.35	1.0 oz	0
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0
18047	Bread, raisin, enriched	28.35	1.0 oz	0
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0
18059	Bread, rice bran	28.35	1.0 oz	0
18384	Bread, rice bran, toasted	28.35	1.0 oz	0
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0
18060	Bread, rye	28.35	1.0 oz	0
18061	Bread, rye, toasted	28.35	1.0 oz	0
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0
18064	Bread, wheat	28.35	1.0 oz	0
18066	Bread, wheat bran	28.35	1.0 oz	0
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18065	Bread, wheat, toasted	28.35	1.0 oz	0
18967	Bread, white wheat	28.0	1.0 slice	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0
09059	Breadfruit, raw	220.0	1.0 cup	0
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0
18459	Breakfast tart, low fat	52.0	1.0 tart	0
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0
11090	Broccoli, raw	91.0	1.0 cup chopped	0
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0
11098	Brussels sprouts, raw	88.0	1.0 cup	0
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0
20013	Bulgur, cooked	182.0	1.0 cup	0
20012	Bulgur, dry	140.0	1.0 cup	0
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0
11118	Cabbage, kimchi	150.0	1.0 cup	0
43144	Cabbage, mustard, salted	128.0	1.0 cup	0
11109	Cabbage, raw	89.0	1.0 cup, chopped	0
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	8
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	2
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	3
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	2
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	2
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	1
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	3
19070	Candies, butterscotch	28.35	1.0 oz	0
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
19071	Candies, carob, unsweetened	28.35	1.0 oz	0
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	3
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	13
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	336
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	4
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	5
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	2
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
19107	Candies, hard	28.35	1.0 oz	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
19243	Candies, HEATH BITES	39.0	15.0 pieces	0
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	4
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0
19108	Candies, jellybeans	11.0	10.0 small	0
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	6
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	5
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	4
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	4
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	3
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	7
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	3
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	5
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	2
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	3
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	15
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	5
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	4
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	5
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	4
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	1
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	227
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	21
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	7
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	8
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	3
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	9

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	3
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	2
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	1
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	3
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	13
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	2
43046	Candies, nougat, with almonds	14.0	1.0 piece	0
19147	Candies, peanut bar	28.35	1.0 oz	0
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	3
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	1
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	3
19080	Candies, semisweet chocolate	14.5	1.0 serving	9
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	105
19154	Candies, sesame crunch	28.35	1.0 oz	0
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0
19081	Candies, sweet chocolate	28.35	1.0 oz	19
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	4
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	4
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	3
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	2
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	5
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0
02054	Capers, canned	8.6	1.0 tbsp, drained	0
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	1
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
16055	Carob flour	103.0	1.0 cup	0
11655	Carrot juice, canned	236.0	1.0 cup	0
11683	Carrot, dehydrated	74.0	1.0 cup	0
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0
11124	Carrots, raw	128.0	1.0 cup chopped	0
11134	Cassava, raw	206.0	1.0 cup	0
11935	Catsup	17.0	1.0 tbsp	0
11949	Catsup, low sodium	17.0	1.0 tbsp	0
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0
11965	Cauliflower, green, raw	64.0	1.0 cup	0
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0
11141	Celeriac, raw	156.0	1.0 cup	0
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0
11143	Celery, raw	101.0	1.0 cup chopped	0
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	1
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0
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
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	1
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	2
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	2
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	1
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	1
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	0
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	1
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	2
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	2
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	2
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	1
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0
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
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	1
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
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0
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
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0
11147	Chard, swiss, raw	36.0	1.0 cup	0
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0
01004	Cheese, blue	28.35	1.0 oz	0
01005	Cheese, brick	132.0	1.0 cup, diced	0
01006	Cheese, brie	28.35	1.0 oz	0
01007	Cheese, camembert	28.35	1.0 oz	0
01009	Cheese, cheddar	132.0	1.0 cup, diced	0
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0
01011	Cheese, colby	132.0	1.0 cup, diced	0
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0
01017	Cheese, cream	14.5	1.0 tbsp	0
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0
01018	Cheese, edam	28.35	1.0 oz	0
01019	Cheese, feta	150.0	1.0 cup, crumbled	0
01020	Cheese, fontina	132.0	1.0 cup, diced	0
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0
01156	Cheese, goat, hard type	28.35	1.0 oz	0
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0
01159	Cheese, goat, soft type	28.35	1.0 oz	0
01022	Cheese, gouda	28.35	1.0 oz	0
01023	Cheese, gruyere	28.35	1.0 oz	0
01024	Cheese, limburger	134.0	1.0 cup	0
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0
01025	Cheese, monterey	132.0	1.0 cup, diced	0
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0
01030	Cheese, muenster	132.0	1.0 cup, diced	0
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0
01032	Cheese, parmesan, grated	100.0	1.0 cup	0
01033	Cheese, parmesan, hard	28.35	1.0 oz	0
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0
01034	Cheese, port de salut	132.0	1.0 cup, diced	0
01035	Cheese, provolone	132.0	1.0 cup, diced	0
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0
01038	Cheese, romano	28.35	1.0 oz	0
01040	Cheese, swiss	132.0	1.0 cup, diced	0
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0
18147	Cheesecake commercially prepared	28.35	1.0 oz	0
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0
19163	Chewing gum	3.0	1.0 stick	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0
07018	Chicken spread	56.0	1.0 serving (1 serving)	0
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0
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
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
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
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
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
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0
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
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0
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
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0
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
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
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0
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
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0
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
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
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
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0
05311	Chicken, canned, no broth	28.0	1.0 oz	0
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0
05335	Chicken, feet, boiled	28.35	1.0 oz	0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0
43128	Chicken, meatless	168.0	1.0 cup	0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0
16157	Chickpea flour (besan)	92.0	1.0 cup	0
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0
16059	Chili with beans, canned	256.0	1.0 cup	0
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0
22911	Chili, no beans, canned entree	240.0	1.0 cup	0
11156	Chives, raw	3.0	1.0 tbsp chopped	0
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	12
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	24

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	23
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	3
07019	Chorizo, pork and beef	28.35	1.0 oz	0
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	11
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	4
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	198
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	67
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0
11161	Collards, raw	36.0	1.0 cup, chopped	0
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	2
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	2
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	5
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	5
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	1
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	4
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	1
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	1
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	3
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	4
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	2
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	3
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	5
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	3
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	1
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	1

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	2
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	2
18157	Cookies, chocolate wafers	28.35	1.0 oz	3
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	1
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0
18170	Cookies, fig bars	28.35	1.0 oz	0
18171	Cookies, fortune	28.35	1.0 oz	0
18172	Cookies, gingersnaps	28.35	1.0 oz	0
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	3
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	1
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	2
18177	Cookies, molasses	28.35	1.0 oz	0
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	1
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	3
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0
20015	Corn bran, crude	76.0	1.0 cup	0
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0
20014	Corn grain, yellow	166.0	1.0 cup	0
11656	Corn pudding, home prepared	250.0	1.0 cup	0
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0
20027	Cornstarch	128.0	1.0 cup	0
20029	Couscous, cooked	157.0	1.0 cup, cooked	0
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0
18236	Cracker meal	28.35	1.0 oz	0
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0
18214	Crackers, cheese, regular	14.2	0.5 oz	0
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0
18216	Crackers, crispbread, rye	14.2	0.5 oz	0
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0
18217	Crackers, matzo, plain	14.2	0.5 oz	0
18220	Crackers, melba toast, plain	14.2	0.5 oz	0
18223	Crackers, milk	14.2	0.5 oz	0
28292	Crackers, multigrain	14.0	4.0 crackers	0
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0
18428	Crackers, wheat, low salt	14.2	0.5 oz	0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0
18235	Crackers, whole-wheat	28.0	1.0 serving	0
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0
09078	Cranberries, raw	110.0	1.0 cup, chopped	0
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0
01069	Cream substitute, powdered	94.0	1.0 cup	0
42136	Cream substitute, powdered, light	94.0	1.0 cup	0
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0
01056	Cream, sour, cultured	12.0	1.0 tbsp	0
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0
11203	Cress, garden, raw	50.0	1.0 cup	0
18239	Croissants, butter	28.35	1.0 oz	0
18241	Croissants, cheese	28.35	1.0 oz	0
18243	Croutons, seasoned	14.2	0.5 oz	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0
09084	Currants, red and white, raw	112.0	1.0 cup	0
09085	Currants, zante, dried	144.0	1.0 cup	0
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0
18245	Danish pastry, cheese	28.35	1.0 oz	0
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0
01070	Dessert topping, powdered	43.0	1.5 oz	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0
01072	Dessert topping, pressurized	70.0	1.0 cup	0
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	57
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	1
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	1
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0
01225	Dulce de Leche	19.0	1.0 tbsp	0
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0
11212	Edamame, frozen, prepared	155.0	1.0 cup	0
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0
01144	Egg substitute, powder	9.9	0.35 oz	0
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0
01173	Egg, white, dried	28.0	1.0 oz	0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0
01128	Egg, whole, cooked, fried	46.0	1.0 large	0
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0
01131	Egg, whole, cooked, poached	50.0	1.0 large	0
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0
01123	Egg, whole, raw, fresh	50.0	1.0 large	0
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0
01057	Eggnog	254.0	1.0 cup	0
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0
43146	Eggplant, pickled	136.0	1.0 cup	0
11209	Eggplant, raw	82.0	1.0 cup, cubes	0
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0
05625	Emu, flat fillet, raw	85.0	3.0 oz	0
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0
05626	Emu, full rump, raw	85.0	3.0 oz	0
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0
05621	Emu, ground, raw	117.0	1.0 patty	0
05628	Emu, inside drum, raw	85.0	3.0 oz	0
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0
05630	Emu, outside drum, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05631	Emu, oyster, raw	85.0	3.0 oz	0
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0
11213	Endive, raw	25.0	0.5 cup, chopped	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0
18264	English muffins, wheat	28.35	1.0 oz	0
18265	English muffins, wheat, toasted	28.35	1.0 oz	0
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0
18266	English muffins, whole-wheat	28.35	1.0 oz	0
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0
21142	Fast food, biscuit	55.0	1.0 biscuit	0
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0
21401	Fast foods, chicken tenders	30.0	1.0 strip	0
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0
21129	Fast foods, hush puppies	22.0	1.0 piece	0
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0
21139	Fast foods, potato, mashed	242.0	1.0 cup	0
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0
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
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	2
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
04542	Fat, chicken	12.8	1.0 tbsp	0
04574	Fat, duck	12.8	1.0 tbsp	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
04575	Fat, turkey	12.8	1.0 tbsp	0
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0
09095	Figs, dried, stewed	259.0	1.0 cup	0
09094	Figs, dried, uncooked	149.0	1.0 cup	0
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0
06963	Fish broth	244.0	1.0 cup	0
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0
15008	Fish, carp, raw	85.0	3.0 oz	0
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0
15014	Fish, cisco, smoked	28.35	1.0 oz	0
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0
15033	Fish, haddock, raw	85.0	3.0 oz	0
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0
15062	Fish, pike, northern, raw	85.0	3.0 oz	0
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0
15090	Fish, scup, raw	85.0	3.0 oz	0
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0
15094	Fish, shad, american, raw	85.0	3.0 oz	0
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0
15109	Fish, surimi	28.35	1.0 oz	0
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0
15110	Fish, swordfish, raw	85.0	3.0 oz	0
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	1
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	3
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	3
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	2
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	6
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0
07024	Frankfurter, chicken	85.0	3.0 oz	0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0
07939	Frankfurter, pork	76.0	1.0 link	0
07025	Frankfurter, turkey	28.35	1.0 oz	0
80200	Frog legs, raw	45.0	1.0 leg	0
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	23
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	2
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	2
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	1

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	1
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	2
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	2
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	3
42186	Frozen yogurts, chocolate	174.0	1.0 cup	5
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	6
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	2
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0
19294	Fruit butters, apple	17.0	1.0 tbsp	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0
19018	Fruit syrup	334.0	1.0 cup	0
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
17164	Game meat, deer, raw	28.35	1.0 oz	0
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
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
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0
11215	Garlic, raw	136.0	1.0 cup	0
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0
11216	Ginger root, raw	2.0	1.0 tsp	0
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	1
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0
11975	Grape leaves, canned	4.0	1.0 leaf	0
11974	Grape leaves, raw	14.0	1.0 cup	0
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0
06957	Gravy, brown instant, dry	6.7	1.0 serving	0
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0
06958	Gravy, instant beef, dry	6.7	1.0 serving	0
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
05305	Ground turkey, raw	453.6	1.0 lb	0
09434	Guanabana nectar, canned	251.0	1.0 cup	0
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0
09143	Guava sauce, cooked	238.0	1.0 cup	0
09139	Guavas, common, raw	165.0	1.0 cup	0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
07031	Ham salad spread	15.0	1.0 tbsp	0
07026	Ham, chopped, canned	28.35	1.0 oz	0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0
07030	Ham, minced	28.35	1.0 oz	0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
20030	Hominy, canned, white	165.0	1.0 cup	0
19296	Honey	339.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0
02055	Horseradish, prepared	5.0	1.0 tsp	0
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0
16137	Hummus, home prepared	15.0	1.0 tablespoon	0
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	7
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0
01239	Ice cream cookie sandwich	82.0	1.0 serving	5
01238	Ice cream sandwich	70.0	1.0 serving	3
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	1
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	1
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	2
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	2
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	2
19114	Ice creams, chocolate, light	68.0	1.0 serving	1
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0
43541	Ice creams, chocolate, rich	148.0	1.0 cup	6
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	2
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0
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

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0
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
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0
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
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
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0
19297	Jams and preserves	20.0	1.0 tbsp	0
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0
19300	Jellies	21.0	1.0 serving 1 tbsp	0
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0
43497	Jellyfish, dried, salted	58.0	1.0 cup	0
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0
11241	Kohlrabi, raw	135.0	1.0 cup	0
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0
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
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
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
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
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
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
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
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

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
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
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
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
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
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
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
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
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
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
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
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
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
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
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
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
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

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
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
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
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
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
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
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
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0
17224	Lamb, ground, raw	28.35	1.0 oz	0
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0
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
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0
04002	Lard	12.8	1.0 tbsp	0
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0
09152	Lemon juice, raw	244.0	1.0 cup	0
09156	Lemon peel, raw	6.0	1.0 tbsp	0
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0
16069	Lentils, raw	192.0	1.0 cup	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	3
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	3
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0
09160	Lime juice, raw	242.0	1.0 cup	0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0
09165	Litchis, dried	2.5	1.0 fruit	0
09164	Litchis, raw	190.0	1.0 cup	0
07911	Liverwurst spread	55.0	0.25 cup	0
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0
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
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0
09436	Mango nectar, canned	251.0	1.0 cup	0
09176	Mangos, raw	165.0	1.0 cup pieces	0
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0
19303	Marmalade, orange	20.0	1.0 tbsp	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0
43132	Meatballs, meatless	144.0	1.0 cup	0
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0
08510	Milk and cereal bar	25.0	1.0 bar	0
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	1
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	4
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	1
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0
01094	Milk, buttermilk, dried	30.0	0.25 cup	0
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	5
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	2
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	2
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	2
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	2
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0
43543	Milk, imitation, non-soy	244.0	1.0 cup	0
01089	Milk, low sodium, fluid	244.0	1.0 cup	0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0
20032	Millet, cooked	174.0	1.0 cup	0
43483	Millet, puffed	21.0	1.0 cup	0
16112	Miso	17.0	1.0 tbsp	0
19304	Molasses	337.0	1.0 cup	0
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0
90560	Mollusks, snail, raw	85.0	3.0 oz	0
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0
07050	Mortadella, beef, pork	28.35	1.0 oz	0
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0
18283	Muffins, oat bran	28.35	1.0 oz	0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0
09190	Mulberries, raw	140.0	1.0 cup	0
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	1

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
16113	Natto	175.0	1.0 cup	0
09191	Nectarines, raw	143.0	1.0 cup slices	0
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0
11964	Nopales, cooked, without salt	149.0	1.0 cup	0
11963	Nopales, raw	86.0	1.0 cup, sliced	0
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	5
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
12071	Nuts, almond paste	28.35	1.0 oz	0
12061	Nuts, almonds	143.0	1.0 cup, whole	0
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0
12142	Nuts, pecans	109.0	1.0 cup, chopped	0
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0
20033	Oat bran, raw	94.0	1.0 cup	0
20132	Oat flour, partially debranned	104.0	1.0 cup	0
04529	Oil, almond	13.6	1.0 tablespoon	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
04534	Oil, babassu	13.6	1.0 tbsp	0
04582	Oil, canola	14.0	1.0 tbsp	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
04047	Oil, coconut	13.6	1.0 tbsp	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
04588	Oil, oat	13.6	1.0 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
04055	Oil, palm	13.6	1.0 tbsp	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
04528	Oil, walnut	13.6	1.0 tbsp	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0
11278	Okra, raw	100.0	1.0 cup	0
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0
11282	Onions, raw	160.0	1.0 cup, chopped	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0
11292	Onions, young green, tops only	6.0	1.0 tbsp	0
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0
09206	Orange juice, raw	248.0	1.0 cup	0
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0
09205	Oranges, raw, with peel	170.0	1.0 cup	0
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0
05641	Ostrich, ground, raw	109.0	1.0 patty	0
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0
09229	Papaya nectar, canned	250.0	1.0 cup	0
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0
11297	Parsley, fresh	60.0	1.0 cup chopped	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	0
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0
07052	Pastrami, turkey	57.0	2.0 slices	0
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0
16099	Peanut flour, defatted	60.0	1.0 cup	0
16100	Peanut flour, low fat	60.0	1.0 cup	0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0
16087	Peanuts, all types, raw	28.35	1.0 oz	0
16091	Peanuts, spanish, raw	146.0	1.0 cup	0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0
09252	Pears, raw	140.0	1.0 cup, slices	0
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0
11304	Peas, green, raw	145.0	1.0 cup	0
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0
11976	Pepper, banana, raw	124.0	1.0 cup	0
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0
18338	Phyllo dough	28.35	1.0 oz	0
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0
11945	Pickle relish, sweet	15.0	1.0 tbsp	0
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0
11941	Pickles, cucumber, sour	155.0	1.0 cup	0
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	15
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0
19312	Pie fillings, apple, canned	74.0	0.125 can	0
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0
18319	Pie, fried pies, fruit	28.35	1.0 oz	0
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0
18323	Pie, peach	28.35	1.0 oz	0
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0
11943	Pimento, canned	12.0	1.0 tbsp	0
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0
09278	Plantains, cooked	200.0	1.0 cup, mashed	0
09277	Plantains, raw	148.0	1.0 cup, sliced	0
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0
09279	Plums, raw	165.0	1.0 cup, sliced	0
11349	Poi	240.0	1.0 cup	0
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0
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
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
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
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
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
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
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
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
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
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0
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
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
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
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0
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
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(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
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0
10898	Pork, pickled pork hocks	117.0	3.0 oz	0
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0
11413	Potato flour	160.0	1.0 cup	0
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0
22971	Potato salad with egg	125.0	0.5 cup	0
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0
43109	Pretzels, soft	143.0	1.0 large	0
25024	Pretzels, soft, unsalted	143.0	1.0 large	0
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0
09294	Prune juice, canned	256.0	1.0 cup	0
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	1
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	2
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	7
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	1
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	3
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	11
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	3
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	3
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	1
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	2
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0
11427	Purslane, raw	43.0	1.0 cup	0
43282	Quail, cooked, total edible	28.35	1.0 oz	0
20137	Quinoa, cooked	185.0	1.0 cup	0
11952	Radicchio, raw	40.0	1.0 cup, shredded	0
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
11429	Radishes, raw	116.0	1.0 cup slices	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
09298	Raisins, seedless	165.0	1.0 cup, packed	0
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0
09302	Raspberries, raw	123.0	1.0 cup	0
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0
09307	Rhubarb, raw	122.0	1.0 cup, diced	0
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0
20060	Rice bran, crude	118.0	1.0 cup	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0
20061	Rice flour, white, unenriched	158.0	1.0 cup	0
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0
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
20134	Rice noodles, cooked	176.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
20133	Rice noodles, dry	57.0	2.0 oz	0
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0
07912	Roast beef spread	57.0	1.0 serving .25 cup	0
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0
18344	Rolls, dinner, egg	28.35	1.0 oz	0
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0
28348	Rolls, dinner, sweet	30.0	1.0 roll	0
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0
18349	Rolls, french	28.35	1.0 oz	0
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0
20063	Rye flour, dark	128.0	1.0 cup	0
20065	Rye flour, light	102.0	1.0 cup	0
20064	Rye flour, medium	102.0	1.0 cup	0
20062	Rye grain	169.0	1.0 cup	0
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0
07068	Salami, cooked, beef	26.0	1.0 slice	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0
07070	Salami, cooked, turkey	28.0	1.0 serving	0
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0
07926	Salami, Italian, pork	28.0	1.0 oz	0
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0
02047	Salt, table	6.0	1.0 tsp	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
06150	Sauce, barbecue	17.0	1.0 tbsp	0
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0
27066	Sauce, horseradish	5.6	1.0 tsp	0
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0
06971	Sauce, worcestershire	17.0	1.0 tbsp	0
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0
16107	Sausage, meatless	25.0	1.0 link	0
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0
07951	Scrapple, pork	17.0	1.0 cubic inch	0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0
11446	Seaweed, laver, raw	26.0	10.0 sheets	0
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	2
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0
19400	Snacks, banana chips	28.35	1.0 oz	0
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0
25059	Snacks, brown rice chips	9.0	1.0 cake	0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0
19419	Snacks, corn cakes	9.0	1.0 cake	0
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	2
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	5
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	1
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	1
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	2
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
25037	Snacks, pita chips, salted	28.35	1.0 oz	0
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0
19041	Snacks, pork skins, plain	28.35	1.0 oz	0
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	2
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0
19524	Snacks, taro chips	28.35	1.0 oz	0
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0
01180	Sour cream, fat free	12.0	1.0 tablespoon	0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
01179	Sour cream, light	12.0	1.0 tablespoon	0
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0
09315	Soursop, raw	225.0	1.0 cup, pulp	0
16117	Soy flour, defatted	105.0	1.0 cup	0
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0
16122	Soy protein isolate	28.35	1.0 oz	0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0
43299	Soybean, curd cheese	225.0	1.0 cup	0
11450	Soybeans, green, raw	256.0	1.0 cup	0
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	0
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	5
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	5
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	5
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	5
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0
02001	Spices, allspice, ground	1.9	1.0 tsp	0
02002	Spices, anise seed	2.1	1.0 tsp, whole	0
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0
02005	Spices, caraway seed	2.1	1.0 tsp	0
02007	Spices, celery seed	2.0	1.0 tsp	0
02008	Spices, chervil, dried	0.6	1.0 tsp	0
02009	Spices, chili powder	2.7	1.0 tsp	0
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0
02011	Spices, cloves, ground	2.1	1.0 tsp	0
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0
02015	Spices, curry powder	2.0	1.0 tsp	0
02016	Spices, dill seed	2.1	1.0 tsp	0
02020	Spices, garlic powder	3.1	1.0 tsp	0
02021	Spices, ginger, ground	1.8	1.0 tsp	0
02022	Spices, mace, ground	1.7	1.0 tsp	0
02023	Spices, marjoram, dried	0.6	1.0 tsp	0
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0
02026	Spices, onion powder	2.4	1.0 tsp	0
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0
02028	Spices, paprika	2.3	1.0 tsp	0
02029	Spices, parsley, dried	0.5	1.0 tsp	0
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0
02033	Spices, poppy seed	2.8	1.0 tsp	0
02034	Spices, poultry seasoning	1.5	1.0 tsp	0
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0
02037	Spices, saffron	0.7	1.0 tsp	0
02038	Spices, sage, ground	0.7	1.0 tsp	0
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11658	Spinach souffle	136.0	1.0 cup	0
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0
11457	Spinach, raw	30.0	1.0 cup	0
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0
09316	Strawberries, raw	152.0	1.0 cup, halves	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
18354	Strudel, apple	28.35	1.0 oz	0
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
19340	Sugars, maple	3.0	1.0 tsp	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0
90480	Syrup, Cane	21.0	1.0 serving	0
19030	Syrup, fruit flavored	20.0	1.0 serving	0
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	4
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	21
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	2
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	4
19349	Syrups, corn, dark	328.0	1.0 cup	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
19350	Syrups, corn, light	341.0	1.0 cup	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
19353	Syrups, maple	20.0	1.0 tbsp	0
19355	Syrups, sorghum	330.0	1.0 cup	0
43026	Syrups, sugar free	240.0	1.0 cup	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0
18360	Taco shells, baked	12.9	1.0 shell	0
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0
09221	Tangerine juice, raw	247.0	1.0 cup	0
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0
20068	Tapioca, pearl, dry	152.0	1.0 cup	0
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0
11520	Taro leaves, raw	28.0	1.0 cup	0
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0
11518	Taro, raw	104.0	1.0 cup, sliced	0
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0
43476	Tofu yogurt	262.0	1.0 cup	0
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0
16129	Tofu, fried	28.35	1.0 oz	0
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0
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
11954	Tomatillos, raw	34.0	1.0 medium	0
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0
11549	Tomato products, canned, sauce	245.0	1.0 cup	0
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0
11527	Tomatoes, green, raw	180.0	1.0 cup	0
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0
11955	Tomatoes, sun-dried	54.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
19367	Toppings, nuts in syrup	328.0	1.0 cup	0
19366	Toppings, pineapple	340.0	1.0 cup	0
19137	Toppings, strawberry	42.0	2.0 tbsp	0
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0
07973	Turkey bacon, microwaved	8.1	1.0 slice	0
07254	Turkey bacon, unprepared	14.0	1.0 serving	0
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0
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
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
11564	Turnips, raw	130.0	1.0 cup, cubes	0
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0
93600	Turtle, green, raw	85.0	3.0 oz	0
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0
02050	Vanilla extract	4.2	1.0 tsp	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0
17142	Veal, ground, raw	85.0	3.0 oz	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0
43134	Vegetarian fillets	85.0	1.0 fillet	0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0
43114	Vermicelli, made from soy	140.0	1.0 cup	0
02048	Vinegar, cider	14.9	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
02053	Vinegar, distilled	14.9	1.0 tbsp	0
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	7
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0
27064	Wasabi	20.0	1.0 tablespoon	0
14555	Water, bottled, generic	29.6	1.0 fl oz	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
11591	Watercress, raw	34.0	1.0 cup, chopped	0
09326	Watermelon, raw	154.0	1.0 cup, balls	0
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0
20077	Wheat bran, crude	58.0	1.0 cup	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0
20080	Wheat flour, whole-grain	120.0	1.0 cup	0
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0
20071	Wheat, hard red spring	192.0	1.0 cup	0
20072	Wheat, hard red winter	192.0	1.0 cup	0
20074	Wheat, hard white	192.0	1.0 cup	0
20075	Wheat, soft white	168.0	1.0 cup	0
01113	Whey, acid, dried	57.0	1.0 cup	0
01112	Whey, acid, fluid	246.0	1.0 cup	0
01115	Whey, sweet, dried	145.0	1.0 cup	0
01114	Whey, sweet, fluid	246.0	1.0 cup	0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0
20089	Wild rice, cooked	164.0	1.0 cup	0
20088	Wild rice, raw	160.0	1.0 cup	0
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0
11601	Yam, raw	150.0	1.0 cup, cubes	0
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0
43406	Yeast extract spread	6.0	1.0 tsp	0
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	3
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	3
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0

NDB_No	Description	Weight(g)	Measure	Caffeine(mg) Per Measure
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
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0
03217	Zwieback	28.35	1.0 oz	0