USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Calcium, Ca (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 15, 2016 09:50 EDT

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1514
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1404
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	1208
01040	Cheese, swiss	132.0	1.0 cup, diced	1175
01113	Whey, acid, dried	57.0	1.0 cup	1171
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1167
01115	Whey, sweet, dried	145.0	1.0 cup	1154
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1109
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	1086
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1081
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	1023
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1000
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	998
01035	Cheese, provolone	132.0	1.0 cup, diced	998
01025	Cheese, monterey	132.0	1.0 cup, diced	985
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	965
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	958
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	958
01030	Cheese, muenster	132.0	1.0 cup, diced	946
01009	Cheese, cheddar	132.0	1.0 cup, diced	937
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	931
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	928
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	920
01011	Cheese, colby	132.0	1.0 cup, diced	904
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	900
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	898
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	890
01005	Cheese, brick	132.0	1.0 cup, diced	890

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	882
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	877
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	873
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	862
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	861
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	860
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	859
01034	Cheese, port de salut	132.0	1.0 cup, diced	858
01032	Cheese, parmesan, grated	100.0	1.0 cup	853
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	837
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	837
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	822
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	818
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	814
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	808
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	801
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	800
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	797
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	787
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	776
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	771
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	771
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	766
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	755
01019	Cheese, feta	150.0	1.0 cup, crumbled	740
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	732
11432	Radishes, oriental, dried	116.0	1.0 cup	730
01020	Cheese, fontina	132.0	1.0 cup, diced	726
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	709
19304	Molasses	337.0	1.0 cup	691
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	691
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	689
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	673
01024	Cheese, limburger	134.0	1.0 cup	666
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	658

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01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	641
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	632
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	616
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	600
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	600
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	599
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	598
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	580
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	569
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	566
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	549
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	548
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	531
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	524
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	516
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	515
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	512
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	508
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	508
21270	TACO BELL, Taco Salad	533.0	1.0 item	506
11450	Soybeans, green, raw	256.0	1.0 cup	504
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	504
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	500
19355	Syrups, sorghum	330.0	1.0 cup	495
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	493
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	485
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	485
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	484
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	483
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	483
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	481
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	475
01109	Milk, sheep, fluid	245.0	1.0 cup	473
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	470

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	470
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	464
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	464
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	457
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	457
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	457
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	451
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	451
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	451
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	451
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	449
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	443
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	440
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	440
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	435
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	435
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	434
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	433
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	428
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	425
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	424
43299	Soybean, curd cheese	225.0	1.0 cup	423
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	422
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	421
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	415
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	412
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	405
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	401
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	400
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	400
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	399
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	399
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	385
12061	Nuts, almonds	143.0	1.0 cup, whole	385
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	384

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	380
16113	Natto	175.0	1.0 cup	380
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	379
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	377
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	377
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	375
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	375
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	372
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	370
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	370
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	370
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	368
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	368
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	368
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	368
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	368
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	367
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	366
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	364
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	363
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	359
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	359
16055	Carob flour	103.0	1.0 cup	358
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	357
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	357
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	356
01094	Milk, buttermilk, dried	30.0	0.25 cup	355
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	352
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	352
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	351
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	351
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	350
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	350
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	350
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	350

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16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	350
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	350
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	349
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	349
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	349
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	348
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	348
20142	Teff, uncooked	193.0	1.0 cup	347
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	343
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	342
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	342
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	340
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	340
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	339
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	338
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	337
01033	Cheese, parmesan, hard	28.35	1.0 oz	336
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	335
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	335
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	335
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	334
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	334
01057	Eggnog	254.0	1.0 cup	330
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	329
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	326
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	326
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	325
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	325
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	325
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	324
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	324
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	323
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	322
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	322
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	322

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16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	320
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	320
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	319
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	318
16076	Lupins, mature seeds, raw	180.0	1.0 cup	317
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	317
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	317
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	316
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	316
06165	Sauce, homemade, white, thin	250.0	1.0 cup	315
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	315
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	315
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	314
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	314
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	313
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	312
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	312
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	312
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	312
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	311
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	311
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	311
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	311
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	311
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	311
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	311
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	311
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	310
43476	Tofu yogurt	262.0	1.0 cup	309
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	309
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	309
20001	Amaranth grain, uncooked	193.0	1.0 cup	307
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	306
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	306
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	306

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	305
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	305
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	305
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	305
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	304
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	303
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	303
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	302
01038	Cheese, romano	28.35	1.0 oz	302
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	301
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	301
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	300
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	300
16252	SILK Plain soy yogurt	227.0	1.0 container	300
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	300
16257	SILK Blueberry soy yogurt	170.0	1.0 container	299
16254	SILK Raspberry soy yogurt	170.0	1.0 container	299
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	299
16258	SILK Key Lime soy yogurt	170.0	1.0 container	299
16255	SILK Peach soy yogurt	170.0	1.0 container	299
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	299
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	299
16253	SILK Strawberry soy yogurt	170.0	1.0 container	299
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	299
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	299
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	299
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	299
16238	SILK Light Plain, soymilk	243.0	1.0 cup	299
16235	SILK Plain, soymilk	243.0	1.0 cup	299
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	299
16248	SILK Mocha, soymilk	243.0	1.0 cup	299
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	299
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	299
16236	SILK Vanilla, soymilk	243.0	1.0 cup	299
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	299
16249	SILK Coffee, soymilk	243.0	1.0 cup	299

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	299
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	299
16237	SILK Chocolate, soymilk	243.0	1.0 cup	299
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	299
16247	SILK Chai, soymilk	243.0	1.0 cup	299
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	299
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	299
16119	Soy meal, defatted, raw	122.0	1.0 cup	298
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	297
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	297
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	297
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	296
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	296
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	296
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	296
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	295
06166	Sauce, homemade, white, medium	250.0	1.0 cup	295
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	294
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	294
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	293
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	293
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	292
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	292
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	292
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	291
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	291
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	291
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	291
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	290
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	289
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	289
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	289
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	289
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	287
01023	Cheese, gruyere	28.35	1.0 oz	287
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	287

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	286
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	286
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	285
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	284
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	284
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	284
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	284
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	284
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	284
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	283
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	283
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	282
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	282
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	282
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	280
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	280
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	280
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	279
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	278
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	278
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	278
06167	Sauce, homemade, white, thick	250.0	1.0 cup	278
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	277
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	276
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	276
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	276
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	276
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	276
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	273
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	273
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	273
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	272
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	272
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	270
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	270
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	269

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
43405	Cheese, swiss, low sodium	28.0	1.0 slice	269
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	269
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	269
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	268
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	268
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	268
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	266
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	266
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	266
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	266
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	265
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	264
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	264
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	263
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	261
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	261
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	261
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	260
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	259
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	258
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	258
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	258
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	258
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	258
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	258
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	258
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	258
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	257
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	257
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	257
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	256
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	255
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	255
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	254
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	254
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	254

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	254
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	254
01156	Cheese, goat, hard type	28.35	1.0 oz	254
01112	Whey, acid, fluid	246.0	1.0 cup	253
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	253
16117	Soy flour, defatted	105.0	1.0 cup	253
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	253
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	251
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	251
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	251
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	251
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	250
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	250
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	250
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	250
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	250
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	250
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	250
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	250
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	250
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	250
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	250
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	250
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	250
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	250
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	250
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	250
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	250
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	250
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	250
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	249
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	249
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	249
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	249
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	249
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	248

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	248
01089	Milk, low sodium, fluid	244.0	1.0 cup	246
11215	Garlic, raw	136.0	1.0 cup	246
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	246
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	245
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	245
11964	Nopales, cooked, without salt	149.0	1.0 cup	244
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	244
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	244
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	244
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	244
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	244
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	244
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	243
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	243
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	242
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	242
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	241
09094	Figs, dried, uncooked	149.0	1.0 cup	241
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	241
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	241
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	240
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	240
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	239
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	239
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	239
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	239
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	237
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	237
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	236
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	235
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	235
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	235
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	235
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	234

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	233
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	233
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	233
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	232
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	232
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	231
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	230
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	230
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	230
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	230
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	229
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	229
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	229
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	228
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	228
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	227
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	227
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	226
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	226
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	225
11658	Spinach souffle	136.0	1.0 cup	224
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	224
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	223
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	223
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	223
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	222
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	221
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	220
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	219
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	219
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	218
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	218
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	217
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	217

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	217
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	217
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	217
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	217
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	217
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	217
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	217
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	216
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)	216
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	215
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	215
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	215
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	214
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	214
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	214
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	213
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	213
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	212
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	212
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	212
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	211
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	211
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	211
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	211
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	211
43541	Ice creams, chocolate, rich	148.0	1.0 cup	210
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	210
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	209
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	209
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	209
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	209
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	209
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	208
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	207
01133	Egg, whole, dried	85.0	1.0 cup, sifted	207

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	207
01018	Cheese, edam	28.35	1.0 oz	207
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	207
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	207
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	206
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	206
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	206
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	206
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	206
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	205
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	204
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	204
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	204
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	204
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	204
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	203
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	203
07939	Frankfurter, pork	76.0	1.0 link	203
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	203
19352	Syrups, malt	332.0	1.0 cup	203
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	202
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	201
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	201
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	201
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	201
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	200
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	200
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	200
43543	Milk, imitation, non-soy	244.0	1.0 cup	200
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	200
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	200
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	200
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	200
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	200
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	200
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	200

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	199
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	199
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	199
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	199
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	199
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	199
01041	Cheese, tilsit	28.35	1.0 oz	198
01022	Cheese, gouda	28.35	1.0 oz	198
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	197
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	197
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	197
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	196
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	196
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	196
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	196
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	195
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	195
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	194
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	194
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	194
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	194
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	194
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	194
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	194
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	194
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	194
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	194
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	194
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	194
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	193
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	193
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	193
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	193
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	192
21083	Fast foods, taco salad	198.0	1.5 cup	192
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	192

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	192
18967	Bread, white wheat	28.0	1.0 slice	192
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	191
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	191
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	191
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	191
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	191
01008	Cheese, caraway	28.35	1.0 oz	191
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	190
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	190
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	190
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	189
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	189
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	189
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	189
01039	Cheese, roquefort	28.35	1.0 oz	188
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	187
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	187
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	187
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	187
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	186
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	186
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	186
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	186
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	185
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	185
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	185
16114	Tempeh	166.0	1.0 cup	184
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	184
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	184
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	184
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	184
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	184
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	183
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	183
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	183

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	183
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	183
01010	Cheese, cheshire	28.35	1.0 oz	182
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	182
09095	Figs, dried, stewed	259.0	1.0 cup	181
19154	Candies, sesame crunch	28.35	1.0 oz	181
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	181
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	181
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	180
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	180
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	180
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	180
16106	Meat extender	88.0	1.0 cup	180
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	179
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	179
12006	Seeds, chia seeds, dried	28.35	1.0 oz	179
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	179
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	179
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	178
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	178
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	178
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	177
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	176
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	176
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	175
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	175
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	175
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	175
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	175
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	175
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	175
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	174
12145	Nuts, pilinuts, dried	120.0	1.0 cup	174
42186	Frozen yogurts, chocolate	174.0	1.0 cup	174
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	174
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	174

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	174
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	173
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	173
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	173
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	173
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	173
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	172
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	172
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	171
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	171
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	171
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	171
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	171
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	171
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	171
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	171
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	170
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	170
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	169
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	169
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	169
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	168
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	168
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	168
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	167
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	167
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	166
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	166
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	166
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	166
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	166
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	165
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	165
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	165
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	165
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	164

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	164
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	164
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	164
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	163
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	163
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	162
11525	Taro, tahitian, raw	125.0	1.0 cup slices	161
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	161
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	161
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	161
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	161
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	161
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	161
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	161
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	160
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	160
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	160
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	159
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	159
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	159
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	159
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	159
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	158
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	158
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	158
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	157
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	157
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	157
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	157
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	157
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	157
11683	Carrot, dehydrated	74.0	1.0 cup	157
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	157
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	157
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	157
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	157

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	156
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	156
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	156
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	156
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	156
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	156
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	155
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	155
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	155
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	155
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	155
16091	Peanuts, spanish, raw	146.0	1.0 cup	155
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	154
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	154
16005	Beans, baked, home prepared	253.0	1.0 cup	154
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	154
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	154
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	154
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	154
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	154
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	153
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	153
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	153
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	153
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	153
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	152
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	152
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	152
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	151
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	151
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	151
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	151
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	151
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	151
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	151
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	151

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	151
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	150
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	150
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	150
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	150
14066	Beverages, Protein powder whey based	32.0	0.33 cup	150
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	150
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	150
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	150
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	150
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	150
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	150
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	150
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	150
01004	Cheese, blue	28.35	1.0 oz	150
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	150
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	150
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	150
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	150
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	149
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	149
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	149
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	149
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	149
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	149
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	149
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	149
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	148
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	148
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	148
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	148
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	148
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	147
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	147
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	147
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	147

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	147
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	147
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	147
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	147
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	146
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	146
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	146
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	146
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	146
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	145
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	145
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	145
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	145
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	145
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	145
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	144
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	144
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	144
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	144
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	143
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	143
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	143
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	143
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	143
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	142
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	142
11963	Nopales, raw	86.0	1.0 cup, sliced	141
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	141
01045	Cheese food, cold pack, American	28.35	1.0 oz	141
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	141
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	140
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	140
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	140
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	140
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	140
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	140

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	140
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	140
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	140
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	140
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	139
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	139
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	139
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	139
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	139
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	139
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	139
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	138
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	138
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	138
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	138
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	138
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	138
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	138
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	138
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	138
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	137
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	137
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	137
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	136
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	135
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	135
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	135
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	135
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	135
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	135
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	134
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	134
11667	Seaweed, spirulina, dried	112.0	1.0 cup	134
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	134
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	134
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	134

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16009	Beans, baked, canned, with pork	253.0	1.0 cup	134
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	134
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")	133
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	133
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	132
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	132
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	132
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	132
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	132
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	132
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	132
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	132
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	131
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	131
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	131
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	131
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	131
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	131
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	131
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	131
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	131
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	130
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	130
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	130
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	130
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	130
16095	Peanuts, virginia, raw	146.0	1.0 cup	130
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	129
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	129
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	129
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	128
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	128
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	128
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	128
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	128

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	127
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	127
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	127
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	127
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	126
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	126
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	126
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	126
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	126
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	126
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	126
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	126
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	125
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	125
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	125
19089	Ice creams, vanilla, rich	107.0	0.5 cup	125
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	125
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	125
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	125
15001	Fish, anchovy, european, raw	85.0	3.0 oz	125
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	125
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	125
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	125
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	125
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	125
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	125
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	125
11122	Cardoon, raw	178.0	1.0 cup, shredded	125
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	124
16008	Beans, baked, canned, with franks	259.0	1.0 cup	124
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	124
09085	Currants, zante, dried	144.0	1.0 cup	124
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	124
21251	BURGER KING, Cheeseburger	133.0	1.0 item	124
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	124
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	124

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20143	Teff, cooked	252.0	1.0 cup	123
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	123
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	123
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	123
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	123
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	123
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	123
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	123
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	123
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	123
09311	Roselle, raw	57.0	1.0 cup, without refuse	123
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	122
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	122
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	121
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	121
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	121
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	121
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	121
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	121
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	121
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	120
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	120
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	120
16059	Chili with beans, canned	256.0	1.0 cup	120
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	120
16007	Beans, baked, canned, with beef	266.0	1.0 cup	120
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	120
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	120
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	119
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	119
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	119
09205	Oranges, raw, with peel	170.0	1.0 cup	119
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	119
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	119
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	118
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	118

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	118
28274	MURRAY, Honey Graham	31.0	8.0 crackers	117
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	117
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	117
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	117
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	117
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	117
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	117
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	117
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	117
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	117
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	117
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	117
19059	Snacks, trail mix, regular	150.0	1.0 cup	117
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	117
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	117
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	117
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	117
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	116
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	116
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	116
01114	Whey, sweet, fluid	246.0	1.0 cup	116
20002	Amaranth grain, cooked	246.0	1.0 cup	116
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	115
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	115
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	115
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	115
19367	Toppings, nuts in syrup	328.0	1.0 cup	115
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	115
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	115
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	114
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	114
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	114
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	114
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	114
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	114

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	114
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	114
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	114
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	114
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	114
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	113
01021	Cheese, gjetost	28.35	1.0 oz	113
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	113
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	113
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	113
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	113
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	113
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	113
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	113
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	113
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	113
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	112
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	112
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	112
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	112
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	112
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	112
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	112
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	111
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	111
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	111
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	111
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	110
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	110
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	110
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	110
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	110
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	110
11618	Eppaw, raw	100.0	1.0 cup	110
01007	Cheese, camembert	28.35	1.0 oz	110
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	110

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	110
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	110
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	110
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	110
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	109
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	109
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	109
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	109
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	109
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	109
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	109
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	108
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	108
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	108
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	108
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	108
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	108
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	108
19114	Ice creams, chocolate, light	68.0	1.0 serving	108
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	108
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)	108
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	108
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	108
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	107
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	107
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	107
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	107
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	107
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	107
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	106
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	106
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	106
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	106
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	106
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	106
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	106

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16129	Tofu, fried	28.35	1.0 oz	105
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	105
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	105
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	105
09307	Rhubarb, raw	122.0	1.0 cup, diced	105
21509	BURGER KING, Onion Rings	91.0	1.0 small	105
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	104
11568	Turnip greens, raw	55.0	1.0 cup, chopped	104
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	104
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	104
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	104
11413	Potato flour	160.0	1.0 cup	104
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	104
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	103
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	103
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	103
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	103
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	103
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	103
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	103
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	103
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	103
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	103
08510	Milk and cereal bar	25.0	1.0 bar	102
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	102
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	102
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	102
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	102
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	102
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	102
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	102
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	102
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	102
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	101
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	101
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	101

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	101
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	101
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	101
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	100
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	100
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	100
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	100
28322	Bagels, multigrain	81.0	1.0 piece bagel	100
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	100
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	100
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	100
93600	Turtle, green, raw	85.0	3.0 oz	100
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	100
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	100
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	100
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	100
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	100
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	100
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	100
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	100
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	100
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	100
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	100
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	100
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	100
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	100
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	100
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	100
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	100
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	100
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	100
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	100
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	100
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	100
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	100
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	100

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	100
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	100
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	100
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	100
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	100
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	100
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	100
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	100
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	100
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	100
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	100
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	100
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	100
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	100
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	100
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	100
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	100
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	100
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	100
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	100
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	100
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	100
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	100
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	100
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	100
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	100
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	100
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	100
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	100
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	100
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	100
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	100
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	100
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	100
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	100
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	100

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	100
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	100
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	100
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	100
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	100
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	100
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	100
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	100
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	100
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	100
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	100
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	100
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	100
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	100
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	100
11426	Pumpkin pie mix, canned	270.0	1.0 cup	100
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	100
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	100
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	100
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	100
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	100
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	100
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	100
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	100
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	100
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	100
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	100
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	100
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	100
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	100
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	100
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	99
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	99
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	99
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)	99
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	99

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	99
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	99
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	99
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	99
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	98
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	98
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	98
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	98
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	98
11212	Edamame, frozen, prepared	155.0	1.0 cup	98
16130	Okara	122.0	1.0 cup	98
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	98
11656	Corn pudding, home prepared	250.0	1.0 cup	98
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	97
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	97
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	97
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	97
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	97
11106	Butterbur, (fuki), raw	94.0	1.0 cup	97
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	97
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	96
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	96
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	96
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	96
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	96
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	96
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	96
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	95
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	95
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	95
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	95
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	95
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	95
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	95
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	95
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	94

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	94
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	94
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	94
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	94
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	94
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	94
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	94
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	94
15064	Fish, pike, walleye, raw	85.0	3.0 oz	94
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	93
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	93
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	93
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	93
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	93
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	93
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	93
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	93
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	92
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	92
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	92
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	92
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	92
16144	Lentils, pink or red, raw	192.0	1.0 cup	92
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	92
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	92
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	92
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	92
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	92
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	91
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	91
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	91
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	91
16093	Peanuts, valencia, raw	146.0	1.0 cup	91
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	90
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	90
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	90

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	90
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	90
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	90
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	90
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	90
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	90
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	90
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	90
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	90
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	90
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	90
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	90
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	89
09322	Tamarinds, raw	120.0	1.0 cup, pulp	89
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	89
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	89
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	88
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	88
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	88
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	88
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	88
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	88
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	88
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	88
11969	Broccoli, chinese, cooked	88.0	1.0 cup	88
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	88
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	88
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	88
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	88
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	88
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	88
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	87
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	87
09297	Raisins, golden seedless	165.0	1.0 cup, packed	87
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	87
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	87

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	87
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	87
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	87
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	87
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	87
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	87
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	87
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	87
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	87
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	87
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	87
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	86
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	86
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	86
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	86
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	86
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	86
05305	Ground turkey, raw	453.6	1.0 lb	86
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	86
19071	Candies, carob, unsweetened	28.35	1.0 oz	86
43144	Cabbage, mustard, salted	128.0	1.0 cup	86
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	86
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	86
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	85
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	85
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	85
07008	Bologna, beef and pork	100.0	3.527 oz	85
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	85
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	85
11961	Hearts of palm, canned	146.0	1.0 cup	85
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	85
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	85
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	85
01157	Cheese, goat, semisoft type	28.35	1.0 oz	84
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	84
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	84

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	84
20038	Oats	156.0	1.0 cup	84
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	84
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	84
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	84
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	84
16099	Peanut flour, defatted	60.0	1.0 cup	84
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	84
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	84
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	84
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	84
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	84
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	84
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	84
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	84
11161	Collards, raw	36.0	1.0 cup, chopped	84
09287	Prickly pears, raw	149.0	1.0 cup	83
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	83
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	83
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	83
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	83
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	83
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	83
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	83
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	83
11297	Parsley, fresh	60.0	1.0 cup chopped	83
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	83
11613	Borage, raw	89.0	1.0 cup (1" pieces)	83
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	83
09298	Raisins, seedless	165.0	1.0 cup, packed	82
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	82
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	82
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	82
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	82
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	82
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	82

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	82
11278	Okra, raw	100.0	1.0 cup	82
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	82
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	82
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	82
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	82
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	82
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	82
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	81
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	81
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	81
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	81
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	81
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	81
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	81
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	81
43134	Vegetarian fillets	85.0	1.0 fillet	81
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	81
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	81
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	81
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	80
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	80
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	80
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	80
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	80
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	80
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	80
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	80
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	80
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	80
20035	Quinoa, uncooked	170.0	1.0 cup	80
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	80
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	80
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	80
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	80
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	80

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	80
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	80
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	80
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	80
19061	Snacks, trail mix, tropical	140.0	1.0 cup	80
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	80
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	80
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	79
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	79
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	79
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	79
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	79
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	79
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	79
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	79
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	79
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	79
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	79
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	79
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	79
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	79
16172	Refried beans, canned, fat-free	231.0	1.0 cup	79
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	78
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	78
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	78
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	78
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	78
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	78
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	78
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	78
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	78
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	78
16100	Peanut flour, low fat	60.0	1.0 cup	78
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	78
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	78

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	78
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	78
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	78
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	78
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	78
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	78
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	77
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	77
43114	Vermicelli, made from soy	140.0	1.0 cup	77
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	77
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	77
36045	ON THE BORDER, refried beans	135.0	1.0 cup	77
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	77
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	77
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	77
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	77
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	76
11514	Sweet potato, canned, mashed	255.0	1.0 cup	76
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	76
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	76
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	76
12142	Nuts, pecans	109.0	1.0 cup, chopped	76
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	76
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	76
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	76
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	76
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	76
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	76
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	75
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	75
18266	English muffins, whole-wheat	28.35	1.0 oz	75
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	75
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	75
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	75
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	74
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	74

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	74
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	74
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	74
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	74
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	74
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	74
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	74
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	74
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	74
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	74
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	74
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	73
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	73
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	73
06963	Fish broth	244.0	1.0 cup	73
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	73
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	73
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	73
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	73
21023	Fast foods, french toast with butter	135.0	2.0 slices	73
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	73
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	73
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	73
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	73
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	72
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	72
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	72
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	72
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	72
22911	Chili, no beans, canned entree	240.0	1.0 cup	72
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	72
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	72
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	72
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	72
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	72
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	72

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	72
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	72
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	71
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	71
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	71
20069	Triticale	192.0	1.0 cup	71
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	71
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	71
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	71
11211	Edamame, frozen, unprepared	118.0	1.0 cup	71
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	71
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	71
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	70
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	70
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	70
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	70
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	70
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	70
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	70
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	70
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	70
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	70
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	70
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	70
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	70
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	69
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	69
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	69
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	69
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	69
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	69
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	69
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	69
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	69
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	69
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	69

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	69
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	69
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	69
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	69
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	69
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	69
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	69
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	69
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	69
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	68
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	68
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	68
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	68
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	68
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	68
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	68
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	68
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	68
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	68
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	68
20060	Rice bran, crude	118.0	1.0 cup	67
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	67
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	67
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	67
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	67
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	67
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	67
16069	Lentils, raw	192.0	1.0 cup	67
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	67
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	67
11141	Celeriac, raw	156.0	1.0 cup	67
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	67
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	67
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	67
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	67

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	66
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	66
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	66
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	66
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	66
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	66
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	66
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	66
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	65
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	65
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	65
20076	Wheat, durum	192.0	1.0 cup	65
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	65
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	65
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	65
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	65
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	65
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	65
21415	POPEYES, biscuit	60.0	1.0 biscuit	65
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	65
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	65
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	65
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	64
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	64
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	64
11270	Mustard greens, raw	56.0	1.0 cup, chopped	64
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	64
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	64
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	64
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	64
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	64
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	64
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	64
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	64
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	64

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	64
11846	Pumpkin, canned, with salt	245.0	1.0 cup	64
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	64
11424	Pumpkin, canned, without salt	245.0	1.0 cup	64
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	64
12084	Nuts, butternuts, dried	120.0	1.0 cup	64
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	64
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	63
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	63
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	63
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	63
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	63
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	63
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	63
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	63
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	63
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	63
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	63
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	63
01186	Cheese, cream, fat free	18.0	1.0 tbsp	63
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	63
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	63
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	63
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	63
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	63
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	63
07024	Frankfurter, chicken	85.0	3.0 oz	63
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	63
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	63
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	63
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	63
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	63
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	63
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	63
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	63
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	62

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	62
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	62
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	62
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	62
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	62
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	62
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	62
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	62
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	62
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	62
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	62
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	62
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	62
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	62
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	62
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	62
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	62
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	62
09083	Currants, european black, raw	112.0	1.0 cup	62
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	62
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	62
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	62
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	62
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	62
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	61
20074	Wheat, hard white	192.0	1.0 cup	61
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	61
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	61
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	61
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	61
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	61
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	61
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	61
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	61
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	61
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	61

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	61
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	61
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	61
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	61
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	61
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	61
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	61
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	61
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	61
20004	Barley, hulled	184.0	1.0 cup	61
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	61
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	61
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	61
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	60
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	60
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	60
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	60
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	60
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	60
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	60
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	60
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	60
11435	Rutabagas, raw	140.0	1.0 cup, cubes	60
01238	Ice cream sandwich	70.0	1.0 serving	60
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	60
11003	Amaranth leaves, raw	28.0	1.0 cup	60
18971	Bread, potato	32.0	1.0 slice	60
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	60
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	60
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	60
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	60
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	60
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	60
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	60
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	60
20131	Barley malt flour	162.0	1.0 cup	60

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	60
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	60
01239	Ice cream cookie sandwich	82.0	1.0 serving	60
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	60
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	60
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	60
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	60
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	60
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	60
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	60
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	60
15107	Fish, sucker, white, raw	85.0	3.0 oz	60
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	60
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	59
11955	Tomatoes, sun-dried	54.0	1.0 cup	59
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	59
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	59
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	59
19349	Syrups, corn, dark	328.0	1.0 cup	59
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	59
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	59
43128	Chicken, meatless	168.0	1.0 cup	59
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	59
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	59
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	59
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	59
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	59
11616	Dock, raw	133.0	1.0 cup, chopped	59
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	59
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	58
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	58
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	58
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	58
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	58
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	58
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	58

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11231	Jute, potherb, raw	28.0	1.0 cup	58
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	58
18087	Cake, angelfood, dry mix	38.0	1.0 serving	58
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	58
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	58
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	58
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	58
15006	Fish, burbot, raw	116.0	1.0 fillet	58
20005	Barley, pearled, raw	200.0	1.0 cup	58
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	58
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	58
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	58
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	58
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	58
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	58
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	57
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	57
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	57
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	57
09087	Dates, deglet noor	147.0	1.0 cup, chopped	57
21127	Fast foods, coleslaw	191.0	1.0 cup	57
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	57
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	57
20132	Oat flour, partially debranned	104.0	1.0 cup	57
20075	Wheat, soft white	168.0	1.0 cup	57
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	57
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	57
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	57
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	57
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	57
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	57
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	57
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	57
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	57
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	57
11655	Carrot juice, canned	236.0	1.0 cup	57

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	57
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	57
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	57
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	57
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	56
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	56
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	56
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	56
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	56
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	56
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	56
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	56
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	56
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	56
20072	Wheat, hard red winter	192.0	1.0 cup	56
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	56
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	56
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	56
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	56
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	55
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	55
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	55
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	55
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	55
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	55
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	55
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	55
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	55
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	55
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	55
09088	Elderberries, raw	145.0	1.0 cup	55
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	55
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	55
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	55
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	55

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	55
07960	Bologna, chicken, pork	28.0	1.0 serving	55
11741	Broccoli, stalks, raw	114.0	1.0 stalk	55
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	55
18265	English muffins, wheat, toasted	28.35	1.0 oz	55
09190	Mulberries, raw	140.0	1.0 cup	55
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	55
11986	Malabar spinach, cooked	44.0	1.0 cup	55
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	55
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	55
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	55
20033	Oat bran, raw	94.0	1.0 cup	55
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	54
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	54
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	54
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	54
36036	Restaurant, family style, onion rings	259.0	1.0 serving	54
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	54
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	54
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	54
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	54
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	54
07056	Peppered loaf, pork, beef	100.0	3.52 slices	54
35147	Tamales (Navajo)	186.0	1.0 piece	54
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	54
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	54
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	54
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	54
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	54
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	54
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	54
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	54
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	54
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	54
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	53
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	53

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09110	Goji berries, dried	28.0	5.0 tbsp	53
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	53
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	53
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	53
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	53
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	53
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	53
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	53
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	53
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	53
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	53
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	53
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	53
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	53
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	53
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	52
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	52
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	52
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	52
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	52
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	52
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	52
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	52
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	52
01006	Cheese, brie	28.35	1.0 oz	52
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	52
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	52
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	52
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	52
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	52
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	52
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	52
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	52
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	52
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	52

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	52
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	52
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	52
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	52
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	52
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	52
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	52
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	52
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	52
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	51
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	51
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	51
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	51
09140	Guavas, strawberry, raw	244.0	1.0 cup	51
20003	Arrowroot flour	128.0	1.0 cup	51
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	51
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	51
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	51
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	51
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	51
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	51
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	51
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	51
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	51
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	51
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	51
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	51
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	51
11974	Grape leaves, raw	14.0	1.0 cup	51
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	51
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	51
09313	Sapodilla, raw	241.0	1.0 cup, pulp	51
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	51
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	51
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	51
16122	Soy protein isolate	28.35	1.0 oz	50

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16422	Soy protein isolate, potassium type	28.35	1.0 oz	50
18264	English muffins, wheat	28.35	1.0 oz	50
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	50
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	50
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	50
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	50
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	50
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	50
21268	TACO BELL, Nachos	80.0	1.0 serving	50
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	50
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	50
11980	Peppers, chili, green, canned	139.0	1.0 cup	50
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	50
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	50
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	50
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	50
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	50
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	50
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	50
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	50
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	50
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	50
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	50
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	50
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	50
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	50
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	50
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	50
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	50
11118	Cabbage, kimchi	150.0	1.0 cup	50
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	49
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	49
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	49
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	49
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	49

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	49
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	49
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	49
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	49
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	49
20012	Bulgur, dry	140.0	1.0 cup	49
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	49
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	49
12071	Nuts, almond paste	28.35	1.0 oz	49
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	49
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	49
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	49
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	49
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	48
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	48
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	48
15062	Fish, pike, northern, raw	85.0	3.0 oz	48
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	48
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	48
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	48
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	48
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	48
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	48
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	48
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	48
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	48
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	48
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	48
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	48
20071	Wheat, hard red spring	192.0	1.0 cup	48
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	48
11298	Parsnips, raw	133.0	1.0 cup slices	48
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	48
01225	Dulce de Leche	19.0	1.0 tbsp	48
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	48
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	48

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	48
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	48
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	48
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	48
11414	Potato salad, home-prepared	250.0	1.0 cup	48
20130	Barley flour or meal	148.0	1.0 cup	47
20063	Rye flour, dark	128.0	1.0 cup	47
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	47
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	47
20140	Spelt, uncooked	174.0	1.0 cup	47
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	47
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	47
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	47
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	47
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	47
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	47
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	47
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	47
18065	Bread, wheat, toasted	28.35	1.0 oz	47
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	47
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	47
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	47
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	47
11973	Beans, fava, in pod, raw	126.0	1.0 cup	47
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	47
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	46
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	46
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	46
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	46
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	46
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	46
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	46
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	46
36019	APPLEBEE'S, chili	136.0	1.0 cup	46
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	46
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	46
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	46
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	46
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	46
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	46
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	46
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	46
09299	Raisins, seeded	165.0	1.0 cup, packed	46
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	46
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	46
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	46
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	46
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	46
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	46
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	46
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	46
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	46
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	46
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	46
20070	Triticale flour, whole-grain	130.0	1.0 cup	46
11199	Yardlong bean, raw	91.0	1.0 cup slices	46
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	45
20073	Wheat, soft red winter	168.0	1.0 cup	45
18448	Taco shells, baked, without added salt	28.35	1.0 oz	45
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	45
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	45
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	45
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	45
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	45
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	45
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	45
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	45
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	45

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	45
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	45
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	45
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	45
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	45
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	45
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	45
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	45
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	45
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	45
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	45
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	45
20078	Wheat germ, crude	115.0	1.0 cup	45
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	45
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	45
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	45
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	45
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	45
11518	Taro, raw	104.0	1.0 cup, sliced	45
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	45
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	45
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	45
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	45
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	45
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	45
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	45
11086	Beet greens, raw	38.0	1.0 cup	44
09221	Tangerine juice, raw	247.0	1.0 cup	44
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	44
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	44
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	44
19350	Syrups, corn, light	341.0	1.0 cup	44
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	44
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	44
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	44
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	44

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	44
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	44
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	44
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	44
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	44
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	44
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	44
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	44
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	44
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	44
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	44
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	44
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	44
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	44
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	44
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	44
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	44
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	44
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	44
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	44
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	44
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	44
19238	Candies, REESE'S BITES	39.0	16.0 pieces	44
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	44
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	44
21139	Fast foods, potato, mashed	242.0	1.0 cup	44
11972	Lemon grass (citronella), raw	67.0	1.0 cup	44
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	44
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	44
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	44
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	44
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	43
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	43
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	43
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	43

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	43
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	43
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	43
15053	Fish, milkfish, raw	85.0	3.0 oz	43
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	43
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	43
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	43
11096	Broccoli raab, raw	40.0	1.0 cup chopped	43
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	43
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	43
18972	Bread, cheese	48.0	1.0 slice	43
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	43
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	43
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	43
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	43
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	43
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	43
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	43
11090	Broccoli, raw	91.0	1.0 cup chopped	43
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	43
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	43
09436	Mango nectar, canned	251.0	1.0 cup	43
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	43
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	43
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	43
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	42
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	42
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	42
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	42
20077	Wheat bran, crude	58.0	1.0 cup	42
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	42
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	42
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	42
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	42
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	42

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11124	Carrots, raw	128.0	1.0 cup chopped	42
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	42
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	42
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	42
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	42
11108	Butterbur, canned	124.0	1.0 cup, chopped	42
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	42
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	42
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	42
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	42
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	42
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	42
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	42
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	42
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	42
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	42
07025	Frankfurter, turkey	28.35	1.0 oz	42
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	42
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	42
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	42
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	42
09042	Blackberries, raw	144.0	1.0 cup	42
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	42
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	42
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	42
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	42
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	42
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	42
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	42
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	42
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	42
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	42
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	42
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	42

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20028	Couscous, dry	173.0	1.0 cup	42
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	41
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	41
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	41
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	41
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	41
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	41
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	41
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	41
16157	Chickpea flour (besan)	92.0	1.0 cup	41
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	41
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	41
09334	Feijoa, raw	243.0	1.0 cup, pureed	41
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	41
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	41
07971	Bologna, meat and poultry	33.0	1.0 slice	41
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	41
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	41
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	41
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	41
11693	Tomatoes, crushed, canned	121.0	0.5 cup	41
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	41
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	41
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	41
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	41
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	41
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	41
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	41
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	41
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	41
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	41
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	41
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	41
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	41
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	41
20080	Wheat flour, whole-grain	120.0	1.0 cup	41

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	41
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	41
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	41
11591	Watercress, raw	34.0	1.0 cup, chopped	41
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	41
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	41
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	41
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	41
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	41
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	41
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	41
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	41
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	41
20062	Rye grain	169.0	1.0 cup	41
11203	Cress, garden, raw	50.0	1.0 cup	40
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	40
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	40
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	40
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	40
05150	Goose, liver, raw	94.0	1.0 liver	40
11143	Celery, raw	101.0	1.0 cup chopped	40
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	40
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	40
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	40
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	40
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	40
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	40
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	40
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	40
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	40
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	40
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40
16201	Campbell's Pork and Beans	130.0	0.5 cup	40
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	40

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	40
02033	Spices, poppy seed	2.8	1.0 tsp	40
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	40
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	40
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	40
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	40
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	40
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	40
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	40
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	40
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	40
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	40
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	40
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	40
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	40
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	40
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	40
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	40
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	40
15094	Fish, shad, american, raw	85.0	3.0 oz	40
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	40
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	40
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	40
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	40
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	40
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	40
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	40
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	40
01159	Cheese, goat, soft type	28.35	1.0 oz	40
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	40
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	40
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	40
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	40
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	40

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	40
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	40
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	40
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	40
09144	Jackfruit, raw	165.0	1.0 cup, sliced	40
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	40
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	40
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	40
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	40
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	40
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	40
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	40
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	40
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	40
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	40
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	39
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	39
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	39
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	39
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	39
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	39
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	39
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	39
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	39
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	39
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	39
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	39
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	39
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	39
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	39
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	39
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	39
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	39
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	39
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	39

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	39
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	39
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	39
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	39
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	39
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	39
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	39
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	39
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	39
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	39
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	39
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	39
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	39
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	39
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	39
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	39
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	39
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	39
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	39
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	39
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	39
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	39
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	39
11564	Turnips, raw	130.0	1.0 cup, cubes	39
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	39
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	39
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	39
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	39
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	39
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	39
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	39
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	39
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	39
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	39
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	39

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	39
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	39
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	39
11015	Asparagus, canned, drained solids	242.0	1.0 cup	39
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	39
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	39
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	39
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	39
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	39
21142	Fast food, biscuit	55.0	1.0 biscuit	38
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	38
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	38
11349	Poi	240.0	1.0 cup	38
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	38
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	38
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	38
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	38
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	38
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	38
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	38
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	38
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	38
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	38
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	38
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	38
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	38
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	38
18980	KASHI, Original Waffle	72.0	2.0 pieces	38
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	38
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	38
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	38
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	38
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	38
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	38
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	38

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	38
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	38
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	38
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	38
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	38
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	38
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	38
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	38
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	38
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	38
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	38
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	38
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	38
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	38
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	38
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	38
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	38
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	38
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	38
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	38
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	38
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	38
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	38
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	38
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	38
09107	Gooseberries, raw	150.0	1.0 cup	38
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	37
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	37
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	37
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	37
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	37
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	37
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	37
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	37
09059	Breadfruit, raw	220.0	1.0 cup	37

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	37
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	37
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	37
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	37
21416	POPEYES, Coleslaw	120.0	1.0 package	37
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	37
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	37
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	37
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	37
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	37
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	37
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	37
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	37
09084	Currants, red and white, raw	112.0	1.0 cup	37
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	37
11098	Brussels sprouts, raw	88.0	1.0 cup	37
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	37
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	37
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	37
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	37
11282	Onions, raw	160.0	1.0 cup, chopped	37
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	37
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	37
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	37
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	37
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	37
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	37
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	37
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	37
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	37
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	37
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	37
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	37
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	37
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	37

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
36031	DENNY'S, onion rings	166.0	1.0 serving	37
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	36
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	36
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	36
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	36
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	36
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	36
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	36
11304	Peas, green, raw	145.0	1.0 cup	36
18064	Bread, wheat	29.0	1.0 slice	36
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	36
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	36
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	36
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	36
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	36
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	36
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	36
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	36
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	36
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	36
43132	Meatballs, meatless	144.0	1.0 cup	36
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	36
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	36
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	36
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	36
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	36
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	36
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	36
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	36
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	36
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	36
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	36
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	36
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	36
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	36
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	36

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	36
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	36
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	36
11109	Cabbage, raw	89.0	1.0 cup, chopped	36
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	36
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	36
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	36
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	36
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	36
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	35
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	35
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	35
02007	Spices, celery seed	2.0	1.0 tsp	35
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	35
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	35
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	35
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	35
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	35
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	35
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	35
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	35
18043	Bread, protein (includes gluten)	28.35	1.0 oz	35
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	35
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	35
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	35
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	35
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	35
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	35
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	35
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	35
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	35
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	35
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	35
15008	Fish, carp, raw	85.0	3.0 oz	35
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	35
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	35

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	35
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	35
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	35
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	35
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	35
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	35
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	35
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	35
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	35
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	35
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	35
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	35
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	35
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	34
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	34
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	34
21024	Fast foods, french toast sticks	65.0	3.0 pieces	34
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	34
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	34
07011	Bologna, turkey	28.0	0.99 oz 1 serving	34
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	34
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	34
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	34
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	34
11549	Tomato products, canned, sauce	245.0	1.0 cup	34
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	34
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	34
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	34
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	34
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	34
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	34
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	34
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	34
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	34
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	34
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	34

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	34
15090	Fish, scup, raw	85.0	3.0 oz	34
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	34
43146	Eggplant, pickled	136.0	1.0 cup	34
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	34
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	34
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	34
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	34
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	34
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	34
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	34
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	34
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	34
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	34
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	34
09160	Lime juice, raw	242.0	1.0 cup	34
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	34
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	34
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	34
07015	Brotwurst, pork, beef, link	70.0	1.0 link	34
20088	Wild rice, raw	160.0	1.0 cup	34
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	34
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	34
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)	34
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	34
19243	Candies, HEATH BITES	39.0	15.0 pieces	34
18355	Sweet rolls, cheese	28.35	1.0 oz	33
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	33
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	33
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)	33
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	33
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	33
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	33
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	33

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01031	Cheese, neufchatel	28.35	1.0 oz	33
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	33
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	33
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	33
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	33
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	33
16104	Bacon, meatless	144.0	1.0 cup	33
20126	Spaghetti, spinach, dry	57.0	2.0 oz	33
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	33
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	33
11134	Cassava, raw	206.0	1.0 cup	33
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	33
25024	Pretzels, soft, unsalted	143.0	1.0 large	33
43109	Pretzels, soft	143.0	1.0 large	33
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	33
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	33
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	33
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	33
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	33
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	33
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)	33
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	33
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	33
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	33
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	33
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	33
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	33
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	33
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	33
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	33
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	33
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	33
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	33
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	33

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
07033	Ham and cheese spread	15.0	1.0 tbsp	33
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	33
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	32
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	32
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	32
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	32
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	32
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	32
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	32
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	32
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	32
11241	Kohlrabi, raw	135.0	1.0 cup	32
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	32
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	32
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	32
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	32
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	32
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	32
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	32
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	32
01049	Cream, fluid, half and half	30.2	1.0 fl oz	32
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	32
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	32
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	32
01144	Egg substitute, powder	9.9	0.35 oz	32
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	32
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	32
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	32
42279	Babyfood, peas and brown rice	230.0	1.0 cup	32
11011	Asparagus, raw	134.0	1.0 cup	32
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	32
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	32
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	32
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	32
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	32

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	32
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	32
20015	Corn bran, crude	76.0	1.0 cup	32
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	32
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	32
02016	Spices, dill seed	2.1	1.0 tsp	32
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	32
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	32
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	32
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	32
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	32
11970	Cabbage, napa, cooked	109.0	1.0 cup	32
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	32
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	32
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	32
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	32
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	32
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	32
09315	Soursop, raw	225.0	1.0 cup, pulp	32
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	31
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	31
20137	Quinoa, cooked	185.0	1.0 cup	31
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	31
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	31
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	31
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	31
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	31
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	31
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	31
21420	KFC, Coleslaw	112.0	1.0 package	31
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)	31
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	31
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	31
11430	Radishes, oriental, raw	116.0	1.0 cup slices	31

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	31
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	31
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	31
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	31
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	31
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	31
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	31
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	31
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	31
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	31
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	31
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	31
36002	APPLEBEE'S, french fries	164.0	1.0 serving	31
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	31
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	31
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	31
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	31
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	31
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	31
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	31
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	31
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	31
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	31
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	31
09302	Raspberries, raw	123.0	1.0 cup	31
09294	Prune juice, canned	256.0	1.0 cup	31
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	31
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	31
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	31
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	31
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	31
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	31
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	31
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	31
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	31

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	31
20008	Buckwheat	170.0	1.0 cup	31
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	31
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)	31
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	31
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	31
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	31
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	31
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	30
20068	Tapioca, pearl, dry	152.0	1.0 cup	30
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	30
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	30
09451	Horned melon (Kiwano)	233.0	1.0 cup	30
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	30
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	30
09082	Cranberry-orange relish, canned	275.0	1.0 cup	30
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	30
20087	Wheat, sprouted	108.0	1.0 cup	30
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	30
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	30
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	30
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	30
11620	Drumstick pods, raw	100.0	1.0 cup slices	30
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	30
09043	Blackberry juice, canned	250.0	1.0 cup	30
11520	Taro leaves, raw	28.0	1.0 cup	30
09038	Avocados, raw, California	230.0	1.0 cup, pureed	30
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	30
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	30
02039	Spices, savory, ground	1.4	1.0 tsp	30
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	30
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	30
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	30
15074	Fish, sablefish, raw	85.0	3.0 oz	30
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	30

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	30
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	30
09139	Guavas, common, raw	165.0	1.0 cup	30
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	30
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	30
11457	Spinach, raw	30.0	1.0 cup	30
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	30
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	30
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	30
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	30
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	30
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	30
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)	30
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	30
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	30
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	30
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	30
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	29
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	29
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	29
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	29
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	29
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	29
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	29
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	29
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	29
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	29
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	29
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	29
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	29
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	29
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	29
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)	29

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	29
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	29
36028	DENNY'S, coleslaw	91.0	1.0 serving	29
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	29
11152	Chicory greens, raw	29.0	1.0 cup, chopped	29
11429	Radishes, raw	116.0	1.0 cup slices	29
09226	Papayas, raw	145.0	1.0 cup 1" pieces	29
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	29
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	29
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	29
18028	Bread, egg, toasted	28.35	1.0 oz	29
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	29
36014	Restaurant, family style, french fries	170.0	1.0 serving	29
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	29
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	29
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	29
15044	Fish, ling, raw	85.0	3.0 oz	29
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	29
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	29
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	29
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	29
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	29
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	29
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	29
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	29
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	29
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	29
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	29
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	29
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	29
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	29
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	29
03213	Babyfood, cookies	28.35	1.0 oz	29
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	29
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	29
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	29

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01128	Egg, whole, cooked, fried	46.0	1.0 large	29
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	29
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	28
20066	Semolina, enriched	167.0	1.0 cup	28
20466	Semolina, unenriched	167.0	1.0 cup	28
11240	Mushrooms, morel, raw	66.0	1.0 cup	28
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	28
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	28
18385	Bread, wheat germ, toasted	28.35	1.0 oz	28
11285	Onions, canned, solids and liquids	63.0	1.0 onion	28
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	28
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	28
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	28
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	28
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	28
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	28
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	28
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	28
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	28
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)	28
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	28
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	28
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	28
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	28
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	28
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	28
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	28
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	28
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	28
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	28
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	28
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	28
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	28
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	28
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	28

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	28
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	28
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	28
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	28
01131	Egg, whole, cooked, poached	50.0	1.0 large	28
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	28
01123	Egg, whole, raw, fresh	50.0	1.0 large	28
11427	Purslane, raw	43.0	1.0 cup	28
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	28
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	28
01199	Cream, half and half, fat free	29.0	2.0 tbsp	28
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	28
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	28
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	28
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	28
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	28
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	28
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	28
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	28
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	28
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	28
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	28
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	28
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	28
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	27
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	27
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	27
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	27
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	27
09442	Pomegranate juice, bottled	249.0	1.0 cup	27
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	27
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	27
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	27
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	27
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	27
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	27

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	27
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	27
09206	Orange juice, raw	248.0	1.0 cup	27
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	27
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	27
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	27
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	27
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	27
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	27
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	27
11230	Pepeao, dried	24.0	1.0 cup	27
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	27
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	27
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	27
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	27
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	27
21419	KFC, biscuit	49.0	1.0 biscuit	27
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	27
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	27
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	27
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	27
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	27
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	27
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	27
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	27
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	27
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	27
19018	Fruit syrup	334.0	1.0 cup	27
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	27
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	27
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	27
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	27
18057	Bread, reduced-calorie, white	28.35	1.0 oz	27
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	27
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	27

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	27
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	27
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	27
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	27
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	27
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	27
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	26
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	26
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	26
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	26
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	26
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	26
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	26
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	26
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	26
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)	26
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	26
18027	Bread, egg	28.35	1.0 oz	26
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	26
15049	Fish, mackerel, king, raw	85.0	3.0 oz	26
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	26
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	26
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	26
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	26
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	26
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	26
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	26
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	26
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	26
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	26
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)	26
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	26
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	26
16087	Peanuts, all types, raw	28.35	1.0 oz	26
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	26

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
02010	Spices, cinnamon, ground	2.6	1.0 tsp	26
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	26
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	26
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	26
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	26
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	26
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	26
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	26
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	26
18349	Rolls, french	28.35	1.0 oz	26
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	26
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	26
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	26
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	26
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	26
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	26
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	26
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	26
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	26
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	26
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	26
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	26
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	26
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	26
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	26
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	26
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	26
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	26
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	26
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	26
11601	Yam, raw	150.0	1.0 cup, cubes	26
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	26
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	26
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	26
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	26

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	26
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	26
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	25
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	25
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	25
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	25
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	25
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	25
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	25
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	25
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	25
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	25
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	25
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	25
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	25
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	25
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	25
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	25
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	25
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	25
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	25
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	25
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	25
09437	Tamarind nectar, canned	251.0	1.0 cup	25
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	25
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	25
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	25
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	25
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	25
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	25
09229	Papaya nectar, canned	250.0	1.0 cup	25
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	25
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	25
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	25
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	25

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20067	Sorghum grain	192.0	1.0 cup	25
05335	Chicken, feet, boiled	28.35	1.0 oz	25
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	25
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	25
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	25
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	25
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	25
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	25
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	25
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	25
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	25
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	25
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	25
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	25
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	25
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	25
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	25
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	25
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	25
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	25
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	25
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	25
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	25
11154	Chicory roots, raw	60.0	1.0 root	25
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	25
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	24
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	24
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	24
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	24
20064	Rye flour, medium	102.0	1.0 cup	24
18223	Crackers, milk	14.2	0.5 oz	24
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	24
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	24
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	24
18413	Bread, pita, white, unenriched	28.35	1.0 oz	24
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	24

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	24
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	24
09316	Strawberries, raw	152.0	1.0 cup, halves	24
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	24
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	24
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	24
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	24
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	24
09002	Acerola juice, raw	242.0	1.0 cup	24
09035	Apricots, frozen, sweetened	242.0	1.0 cup	24
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	24
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	24
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	24
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	24
18345	Rolls, dinner, oat bran	28.35	1.0 oz	24
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	24
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	24
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	24
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	24
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	24
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	24
02018	Spices, fennel seed	2.0	1.0 tsp, whole	24
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	24
09174	Loquats, raw	149.0	1.0 cup, cubed	24
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	24
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	24
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	24
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	24
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	24
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)	24
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	24
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	24
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	24
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	24

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	24
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	24
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	24
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	24
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	24
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	24
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	24
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	24
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	24
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	24
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	24
11878	Taro, cooked, with salt	132.0	1.0 cup slices	24
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	24
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	24
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	24
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	24
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	24
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	24
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	24
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	24
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	24
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	24
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	24
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	24
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	24
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	24
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	24
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	24
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)	24
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	24
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	24

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	24
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	24
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	24
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	23
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	23
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	23
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	23
11527	Tomatoes, green, raw	180.0	1.0 cup	23
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	23
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	23
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	23
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	23
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	23
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	23
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	23
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	23
36610	DENNY'S, french fries	165.0	1.0 serving	23
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	23
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	23
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	23
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	23
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	23
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	23
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	23
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	23
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	23
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	23
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	23
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	23
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	23
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	23
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	23
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	23

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	23
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	23
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	23
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	23
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	23
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	23
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	23
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	23
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	23
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	23
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	23
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	23
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	23
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	23
18459	Breakfast tart, low fat	52.0	1.0 tart	23
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	23
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	23
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	23
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	23
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	23
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	23
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	23
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	23
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	23
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	23
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	23
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	23
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	23
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	23
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	23

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	23
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	23
18061	Bread, rye, toasted	28.35	1.0 oz	23
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	23
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	23
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	23
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	23
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	23
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	23
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	22
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	22
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	22
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	22
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	22
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	22
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	22
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	22
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	22
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	22
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	22
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	22
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	22
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	22
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	22
09128	Grapefruit juice, white, raw	247.0	1.0 cup	22
10898	Pork, pickled pork hocks	117.0	3.0 oz	22
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	22
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	22
09433	Clementines, raw	74.0	1.0 fruit	22
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	22
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	22
43274	Cheese, cream, low fat	15.0	1.0 tbsp	22
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	22
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	22
18033	Bread, italian	28.35	1.0 oz	22

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19147	Candies, peanut bar	28.35	1.0 oz	22
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	22
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	22
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	22
09159	Limes, raw	67.0	1.0 fruit (2" dia)	22
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	22
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	22
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	22
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	22
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	22
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	22
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	22
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	22
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	22
15112	Fish, tilefish, raw	85.0	3.0 oz	22
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	22
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	22
21129	Fast foods, hush puppies	22.0	1.0 piece	22
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	22
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	22
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	22
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	22
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	22
01125	Egg, yolk, raw, fresh	17.0	1.0 large	22
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	22
20034	Oat bran, cooked	219.0	1.0 cup	22
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	22
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	22
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	22
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	22
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	22
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	22

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	22
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	22
18172	Cookies, gingersnaps	28.35	1.0 oz	22
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	22
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	22
11080	Beets, raw	136.0	1.0 cup	22
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	22
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	22
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	22
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	22
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	22
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	22
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	22
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	22
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	22
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	22
12147	Nuts, pine nuts, dried	135.0	1.0 cup	22
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	22
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	22
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	22
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	22
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	22
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	21
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	21
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	21
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	21
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	21
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	21
18434	Crackers, cheese, low sodium	14.2	0.5 oz	21
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	21
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	21
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	21
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	21
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	21
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	21
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	21

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	21
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	21
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	21
36027	DENNY'S, chicken strips	194.0	1.0 serving	21
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	21
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	21
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	21
11190	Cornsalad, raw	56.0	1.0 cup	21
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	21
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	21
18384	Bread, rice bran, toasted	28.35	1.0 oz	21
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	21
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	21
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	21
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	21
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	21
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	21
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	21
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	21
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	21
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	21
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	21
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	21
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	21
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	21
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	21
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	21
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	21
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	21
11965	Cauliflower, green, raw	64.0	1.0 cup	21
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	21
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	21

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	21
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	21
36030	DENNY'S, hash browns	124.0	1.0 serving	21
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	21
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	21
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	21
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	21
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	21
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	21
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	21
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	21
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	21
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	21
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	21
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	21
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	21
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	21
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	21
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	21
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	21
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	21
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	21
18177	Cookies, molasses	28.35	1.0 oz	21
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	21
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	21
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	21
18066	Bread, wheat bran	28.35	1.0 oz	21
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	21
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	21

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	21
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	21
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	21
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	21
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	21
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	21
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	21
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	21
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	21
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	21
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	21
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	21
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	21
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	21
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	21
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	21
18060	Bread, rye	28.35	1.0 oz	21
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	21
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	21
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	21
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	21
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	21
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	21
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	21
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	21
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	20
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	20
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	20
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	20
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	20
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	20
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	20
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	20
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	20
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	20
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18040	Bread, oatmeal, toasted	28.35	1.0 oz	20
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	20
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	20
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	20
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	20
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	20
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	20
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
19366	Toppings, pineapple	340.0	1.0 cup	20
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
19353	Syrups, maple	20.0	1.0 tbsp	20
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	20
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	20
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	20
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	20
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	20
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	20
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	20
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	20
19296	Honey	339.0	1.0 cup	20
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	20
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	20
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	20
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	20
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	20
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	20
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	20
43382	Cranberry juice, unsweetened	253.0	1.0 cup	20
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	20
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	20
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	20
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	20
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	20
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	20
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	20
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	20
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	20
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	20
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	20
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	20
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	20
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	20
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	20
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	20
09021	Apricots, raw	155.0	1.0 cup, halves	20
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	20
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	20
43276	Cheese spread, cream cheese base	28.35	1.0 oz	20
18038	Bread, oat bran, toasted	28.35	1.0 oz	20
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	20
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	20
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	20
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	20
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	20
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	20
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	20
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	20
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	20
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	20
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	20
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	20
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	20
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	20
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	20
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	20
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	20
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	20
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	20
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	20
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	20
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	20
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	20
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	20
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	20
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	20
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	20
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	20
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	20
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	20
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	20
12156	Nuts, walnuts, glazed	28.0	1.0 oz	20
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	20
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	20
18021	Bread, boston brown, canned	28.35	1.0 oz	20
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	20
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	20
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	20
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	20
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	20
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	20
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	20
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	20
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	20
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	20
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	20
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	20
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	20
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	20
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	20
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	20
09077	Crabapples, raw	110.0	1.0 cup slices	20
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	20
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	20
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	20
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	20
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	20
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	20
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	20
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	20
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	20
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	20
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	20
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	20
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	20
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	20
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	20
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	20
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	20
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	20
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	20
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	20
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	20
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	20
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	20
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	20
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	20
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	20
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	20
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	20
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	20
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	20
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	20
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	20
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	20
18968	Bagels, wheat	98.0	1.0 bagel	20
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	20
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	20
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	20
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	20
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	20
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	20
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	20
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	20
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	20
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	20
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	20
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	20
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	20
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	20
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	20
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	20
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	20
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	20
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	20
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	20
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	20
18059	Bread, rice bran	28.35	1.0 oz	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	20
02014	Spices, cumin seed	2.1	1.0 tsp, whole	20
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	20
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	20
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	20
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	20
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	20
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	20
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	20
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	20
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	20
16246	SILK Nog, soymilk	122.0	0.5 cup	20
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	20
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	20
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	20
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	20
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	20
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	19
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	19
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	19
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	19
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	19
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	19
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	19
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	19
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	19
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	19
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	19
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	19
20141	Spelt, cooked	194.0	1.0 cup	19
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	19
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	19
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	19
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	19
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	19
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	19
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	19
18214	Crackers, cheese, regular	14.2	0.5 oz	19
18044	Bread, pumpernickel	28.35	1.0 oz	19
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	19
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	19
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	19
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	19
11248	Lentils, sprouted, raw	77.0	1.0 cup	19
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	19
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	19

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	19
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	19
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	19
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	19
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	19
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	19
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	19
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	19
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	19
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	19
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	19
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	19
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	19
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	19
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	19
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	19
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	19
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	19
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	19
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	19
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	19
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	19
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	19
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	19
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	19
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	19
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	19
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	19
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	19
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	19
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	19
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	19
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	19
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	19
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	19
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	19

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	19
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	19
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	19
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	19
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	19
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	19
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	19
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	19
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	19
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	19
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	19
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	19
22971	Potato salad with egg	125.0	0.5 cup	19
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	19
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	19
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	19
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	19
18414	Bread, raisin, unenriched	28.35	1.0 oz	19
18039	Bread, oatmeal	28.35	1.0 oz	19
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	19
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	19
18047	Bread, raisin, enriched	28.35	1.0 oz	19
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	19
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	19
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	19
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	19
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	19
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	19
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	19
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	19
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	19
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	19
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	19

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	19
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	19
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	19
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	19
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	19
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	19
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	19
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	19
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	19
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	19
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	19
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	19
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	19
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19
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	19
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)	19
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	19
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	19
28348	Rolls, dinner, sweet	30.0	1.0 roll	19
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	19
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	19
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	19
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	19
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	18
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	18
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	18
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	18
18037	Bread, oat bran	28.35	1.0 oz	18
43214	Butter replacement, without fat, powder	80.0	1.0 cup	18
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	18
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	18
11147	Chard, swiss, raw	36.0	1.0 cup	18

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	18
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	18
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	18
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	18
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	18
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	18
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	18
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	18
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	18
11446	Seaweed, laver, raw	26.0	10.0 sheets	18
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	18
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	18
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	18
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	18
20013	Bulgur, cooked	182.0	1.0 cup	18
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	18
06971	Sauce, worcestershire	17.0	1.0 tbsp	18
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	18
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	18
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	18
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	18
09176	Mangos, raw	165.0	1.0 cup pieces	18
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	18
18170	Cookies, fig bars	28.35	1.0 oz	18
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	18
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	18
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	18
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	18
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	18
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	18
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	18
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	18
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	18
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	18
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	18
18283	Muffins, oat bran	28.35	1.0 oz	18

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	18
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	18
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	18
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	18
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	18
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	18
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	18
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18
15097	Fish, sheepshead, raw	85.0	3.0 oz	18
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	18
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	18
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	18
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	18
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	18
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	18
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	18
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	18
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	18
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	18
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	18
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	18
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	18
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	18
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	18
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18
02017	Spices, dill weed, dried	1.0	1.0 tsp	18
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	18
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	18

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	18
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	18
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	18
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	18
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	18
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	18
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	18
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	18
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	18
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	18
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	18
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	18
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	18
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	18
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	18
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	18
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	18
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	18
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	18
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	18
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	18
09434	Guanabana nectar, canned	251.0	1.0 cup	18
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	18
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	18
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	18
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	18
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	17
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	17
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	17
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	17
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	17
20090	Rice flour, brown	158.0	1.0 cup	17
11976	Pepper, banana, raw	124.0	1.0 cup	17
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	17
01173	Egg, white, dried	28.0	1.0 oz	17

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	17
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	17
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	17
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	17
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	17
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	17
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	17
20006	Barley, pearled, cooked	157.0	1.0 cup	17
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	17
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	17
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	17
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	17
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	17
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	17
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	17
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	17
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	17
09428	Rowal, raw	114.0	0.5 cup	17
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	17
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	17
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	17
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	17
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	17
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	17
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	17
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	17
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	17
19524	Snacks, taro chips	28.35	1.0 oz	17
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	17
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	17
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	17
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
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	17
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	17
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	17
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	17
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	17
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	17
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	17
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	17
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	17
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	17
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	17
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	17
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	17
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	17
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	17
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17
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	17
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	17
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	17
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	17
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	17
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	17
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	17
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	17
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	17
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	17
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	17
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	17
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	17
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	17
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	17
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	17

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01179	Sour cream, light	12.0	1.0 tablespoon	17
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	17
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	17
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	17
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	17
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	17
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	17
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	17
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	17
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	17
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	17
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	17
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)	17
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	17
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	17
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	17
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	17
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	17
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	17
18344	Rolls, dinner, egg	28.35	1.0 oz	17
18103	Coffeecake, cheese	28.35	1.0 oz	17
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	17
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	17
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	17
09143	Guava sauce, cooked	238.0	1.0 cup	17
06121	Gravy, mushroom, canned	238.0	1.0 cup	17
20647	Millet flour	119.0	1.0 cup	17
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	17
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	17
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	17
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	17
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	17
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	17
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	17
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	17
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	16
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	16
20030	Hominy, canned, white	165.0	1.0 cup	16
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	16
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	16
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	16
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	16
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	16
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	16
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	16
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	16
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	16
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	16
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	16
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	16
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	16
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	16
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	16
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	16
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	16
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	16
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	16
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	16
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	16
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	16
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	16
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	16
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	16
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	16
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	16
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	16
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	16
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	16
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	16
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	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	16
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	16
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	16
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	16
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	16
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	16
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	16
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	16
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	16
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	16
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	16
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	16
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	16
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	16
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	16
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	16
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	16
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	16
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	16
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	16
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	16
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	16
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	16
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	16
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	16
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16
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	16
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	16
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	16
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	16
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	16
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	16
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	16
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	16
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	16
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	16
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	16
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	16
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	16
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	16
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	16
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	16
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	16
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	16
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	16
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	16
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	16
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	16
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	16
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	16
09062	Cherimoya, raw	160.0	1.0 cup, pieces	16
20330	Hominy, canned, yellow	160.0	1.0 cup	16
20031	Millet, raw	200.0	1.0 cup	16
36039	Restaurant, family style, hash browns	94.0	1.0 cup	16
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	16
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	16
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	16
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	16
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	16
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	16
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	16
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	16
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	16
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	16
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	16
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	16
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	16
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	16
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	16
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	16
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	16
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	16
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	16
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	16
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	16
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	16
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	16
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	16
20061	Rice flour, white, unenriched	158.0	1.0 cup	16
16107	Sausage, meatless	25.0	1.0 link	16
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	16
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	16
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	16
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	16
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	16
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	16
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	16
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	16
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	16
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	16
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	16
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	16
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	16
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	16
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	16
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	16
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	16
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	16

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	16
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	16
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	16
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	16
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	16
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	16
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	16
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	16
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	16
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	16
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	16
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	16
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	15
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	15
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	15
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	15
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	15
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	15
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	15
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	15
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	15
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	15
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	15
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	15
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	15
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	15
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	15
02036	Spices, rosemary, dried	1.2	1.0 tsp	15
09421	Dates, medjool	24.0	1.0 date, pitted	15
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	15
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	15
12059	Nuts, acorns, dried	28.35	1.0 oz	15
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	15
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	15

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	15
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	15
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	15
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15
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	15
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	15
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	15
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	15
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	15
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	15
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	15
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	15
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	15
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	15
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15
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	15
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	15
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	15
15129	Fish, turbot, european, raw	85.0	3.0 oz	15
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	15
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	15
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	15
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	15
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	15
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	15
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	15
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	15
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	15
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	15
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	15
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	15
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	15
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	15
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	15
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	15
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	15
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	15
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	15
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	15
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	15
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	15
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	15
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	15
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	15
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	15
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	15
11418	Pumpkin leaves, raw	39.0	1.0 cup	15
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	15
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	15
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	15
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	15
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	15
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	15
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	15
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	15
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	15
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	15
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	15
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	15
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	15
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	15
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	15

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	15
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	15
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	15
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	15
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	15
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	15
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	15
18241	Croissants, cheese	28.35	1.0 oz	15
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	15
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)	15
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	15
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	15
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	15
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	15
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	15
01180	Sour cream, fat free	12.0	1.0 tablespoon	15
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	15
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	15
02034	Spices, poultry seasoning	1.5	1.0 tsp	15
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	15
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	15
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	15
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	15
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	15
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	15
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	15
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	15
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	15
19194	Puddings, rice, dry mix	106.0	1.0 package	15
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	15
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	15
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	15
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	15

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	15
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	15
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	15
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	15
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	15
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	15
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	15
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	15
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	15
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	15
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	15
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	15
09152	Lemon juice, raw	244.0	1.0 cup	15
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	15
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	15
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	15
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	15
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	15
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	15
20648	Sorghum flour, whole-grain	121.0	1.0 cup	15
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	15
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	14
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	14
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	14
02005	Spices, caraway seed	2.1	1.0 tsp	14
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	14
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	14
18147	Cheesecake commercially prepared	28.35	1.0 oz	14
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	14
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	14
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	14
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	14
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	14
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	14
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	14
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	14
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	14
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	14
15128	Fish, tuna salad	85.0	3.0 oz	14
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	14
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	14
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	14
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	14
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	14
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	14
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	14
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	14
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	14
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	14
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	14
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	14
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	14
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	14
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	14
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	14
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	14
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	14
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	14
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	14
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	14
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	14
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	14
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	14
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	14
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	14
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	14
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	14
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	14
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	14
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	14
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	14
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	14
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	14
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	14
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	14
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	14
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	14
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	14
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	14
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	14
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	14
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	14
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	14
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	14
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	14
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	14
11603	Yambean (jicama), raw	120.0	1.0 cup slices	14
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	14
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	14
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	14
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	14
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	14
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	14
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	14
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	14
15075	Fish, sablefish, smoked	28.35	1.0 oz	14
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	14
05157	Quail, meat and skin, raw	109.0	1.0 quail	14
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	14
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	14
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	14
01017	Cheese, cream	14.5	1.0 tbsp	14
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	14
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	14
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	14
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	14
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	14
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	14
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	14
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	14
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	14
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	14
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	14
09413	Pears, raw, red anjou	126.0	1.0 small	14
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	14
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	14
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	14
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	14
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	14
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	14
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	14
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	14
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	14
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	14
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	14
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	14
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	14
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	14
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	14
18243	Croutons, seasoned	14.2	0.5 oz	14
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	14
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	14
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	14
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	14
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	14
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14
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	14
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14
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	14
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	14
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	14
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	14
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	14
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	14
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	14
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	14
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	14
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	14
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	14
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	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
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	14
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	14
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	14
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	14
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	14
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	14
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	14
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	14
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14
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	14
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	14
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	14
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	14
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	14
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	14
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	14
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	14
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	14
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	14
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	14
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	14
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	14
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	14
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	14
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	14
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	14
02002	Spices, anise seed	2.1	1.0 tsp, whole	14
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	14
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	14
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	14
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	14
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	14
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	14
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	14
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	14
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	14
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	14
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	14
21238	McDONALD'S, french fries	71.0	1.0 small serving	13
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	13
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	13
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	13
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	13
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	13
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	13
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	13
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	13
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	13
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	13
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	13
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	13
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	13
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	13
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)	13
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	13
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	13
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	13
21140	Side dishes, potato salad	95.0	0.333 cup	13
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	13

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	13
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	13
02011	Spices, cloves, ground	2.1	1.0 tsp	13
20065	Rye flour, light	102.0	1.0 cup	13
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	13
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	13
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	13
18220	Crackers, melba toast, plain	14.2	0.5 oz	13
07973	Turkey bacon, microwaved	8.1	1.0 slice	13
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	13
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	13
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	13
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	13
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	13
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	13
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	13
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	13
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	13
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	13
07912	Roast beef spread	57.0	1.0 serving .25 cup	13
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	13
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	13
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	13
18191	Cookies, raisin, soft-type	28.35	1.0 oz	13
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	13
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	13
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	13
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	13
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	13
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	13
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	13
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	13
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	13
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	13
11213	Endive, raw	25.0	0.5 cup, chopped	13

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	13
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	13
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	13
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	13
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	13
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	13
18360	Taco shells, baked	12.9	1.0 shell	13
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	13
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	13
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	13
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	13
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	13
11416	Pumpkin flowers, raw	33.0	1.0 cup	13
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	13
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	13
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	13
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	13
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	13
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	13
02013	Spices, coriander seed	1.8	1.0 tsp	13
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	13
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	13
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	13
18106	Coffeecake, fruit	28.35	1.0 oz	13
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
15023	Fish, mahimahi, raw	85.0	3.0 oz	13
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	13
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
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	13
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	13
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	13
15004	Fish, bass, striped, raw	85.0	3.0 oz	13
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	13
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	13

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	13
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	13
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	13
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	13
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	13
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	13
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	13
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	13
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	13
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	13
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	13
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	13
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	13
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	13
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	13
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	13
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	13
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	13
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	13
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
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	13
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	13
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13
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	13
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	13
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	13
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	13
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	13
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	13
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	13

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15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	13
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	13
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	13
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	13
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	13
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	13
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	13
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	13
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	13
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	13
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	13
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	13
09252	Pears, raw	140.0	1.0 cup, slices	13
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	13
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	13
21249	BURGER KING, french fries	74.0	1.0 small serving	13
20029	Couscous, cooked	157.0	1.0 cup, cooked	13
02001	Spices, allspice, ground	1.9	1.0 tsp	13
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	13
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	13
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	13
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	13
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	12
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	12
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	12
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	12
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	12
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)	12
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	12
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	12
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	12
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	12
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	12
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	12
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	12
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	12
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	12
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	12
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	12
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	12
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	12
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	12
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	12
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	12
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	12
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	12
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	12
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	12
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	12
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	12
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	12
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	12
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	12
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	12
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	12
15022	Fish, cusk, raw	122.0	1.0 fillet	12
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	12
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	12
07061	Mother's loaf, pork	28.35	1.0 oz	12
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	12
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	12
18025	Bread, cracked-wheat	28.35	1.0 oz	12
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	12
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	12
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	12
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	12
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	12
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	12
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	12
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	12
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	12
01056	Cream, sour, cultured	12.0	1.0 tbsp	12
07911	Liverwurst spread	55.0	0.25 cup	12
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	12
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	12
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	12
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	12
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	12
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	12
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	12
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	12
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	12
05158	Quail, meat only, raw	92.0	1.0 quail	12
02023	Spices, marjoram, dried	0.6	1.0 tsp	12
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	12
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	12
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	12
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	12
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	12
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	12
15045	Fish, lingcod, raw	85.0	3.0 oz	12
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12
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	12
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	12
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	12
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12
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	12
05286	Turkey and gravy, frozen	85.0	3.0 oz	12
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	12
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	12
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	12
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	12
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	12
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	12
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	12
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	12
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	12
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	12
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	12
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
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	12
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	12
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	12
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	12
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	12
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	12
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	12
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	12
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	12
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12
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	12
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	12
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	12
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12
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	12
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	12
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	12
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12
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	12
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	12
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	12
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	12
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	12
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	12
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	12
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	12
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	12
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12
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	12
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	12
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	12
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	12
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	12
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	12
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	12
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	12
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	12
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	12
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	12
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	12
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	12
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	12
09149	Kumquats, raw	19.0	1.0 fruit without refuse	12
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	12
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	12
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	12
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	12
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	12
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	12
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	12
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	12
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	12
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	12
06120	Gravy, chicken, dry	8.0	1.0 tbsp	12
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	12
12058	Nuts, acorns, raw	28.35	1.0 oz	12
15055	Fish, mullet, striped, raw	28.35	1.0 oz	12
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	12
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	12
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	12
20014	Corn grain, yellow	166.0	1.0 cup	12
20314	Corn grain, white	166.0	1.0 cup	12
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	12
18963	Garlic bread, frozen	43.0	1.0 slice presliced	12
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	12
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	12
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	12
15261	Fish, tilapia, raw	116.0	1.0 fillet	12
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	12
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	12
02038	Spices, sage, ground	0.7	1.0 tsp	12
11975	Grape leaves, canned	4.0	1.0 leaf	12
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)	12
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	12
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	12
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	12
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	12
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	12
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	12
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	12
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	11
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	11
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	11
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	11
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	11

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	11
11362	Potatoes, raw, skin	38.0	1.0 skin	11
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	11
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	11
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	11
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	11
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	11
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	11
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	11
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	11
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	11
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	11
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	11
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	11
09040	Bananas, raw	225.0	1.0 cup, mashed	11
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	11
07070	Salami, cooked, turkey	28.0	1.0 serving	11
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	11
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	11
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	11
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	11
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	11
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	11
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	11
07254	Turkey bacon, unprepared	14.0	1.0 serving	11
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	11
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	11
09423	Prune puree	36.0	2.0 tbsp	11
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	11
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	11
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	11
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	11
21386	BURGER KING, french toast sticks	21.0	1.0 stick	11
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	11
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	11
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	11

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	11
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	11
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	11
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	11
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	11
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	11
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	11
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	11
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	11
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	11
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	11
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	11
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	11
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	11
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	11
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	11
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	11
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	11
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	11
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	11
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	11
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	11
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	11
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	11
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	11
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	11
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	11
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	11
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	11
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	11
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	11
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	11
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	11
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	11
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	11
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	11
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	11
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	11
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	11
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	11
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	11
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	11
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	11
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	11
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	11
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	11
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	11
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	11
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	11
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	11
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	11
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	11
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	11
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	11
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	11
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	11
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	11
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	11
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	11
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	11
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	11
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	11
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	11
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	11
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
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)	11
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	11
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	11
05154	Pheasant, raw, meat only	85.0	3.0 oz	11
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	11
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	11
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	11
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	11
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	11
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	11
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	11
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	11
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	11
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	11
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	11
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	11
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	11
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	11
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	11
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	11
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	11
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	11
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	11
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	11
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	11
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	11
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	11
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	11
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	11
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	11
18242	Croutons, plain	14.2	0.5 oz	11
09326	Watermelon, raw	154.0	1.0 cup, balls	11
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	11
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	11
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	11
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	11
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	11
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	11
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	11

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	11
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	11
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	11
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	11
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	11
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	11
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	11
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	11
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	11
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	11
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	11
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	11
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	10
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	10
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	10
02015	Spices, curry powder	2.0	1.0 tsp	10
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	10
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	10
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	10
15005	Fish, bluefish, raw	150.0	1.0 fillet	10
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	10
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	10
18239	Croissants, butter	28.35	1.0 oz	10
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	10
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	10
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	10
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	10
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	10
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	10
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	10
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	10
11978	Peppers, ancho, dried	17.0	1.0 pepper	10
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	10

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	10
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	10
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	10
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	10
20133	Rice noodles, dry	57.0	2.0 oz	10
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	10
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	10
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	10
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	10
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	10
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	10
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	10
06126	Gravy, turkey, dry	7.0	1.0 serving	10
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	10
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	10
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	10
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	10
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	10
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	10
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	10
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	10
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	10
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	10
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	10
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	10
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	10
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	10
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	10
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	10
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	10
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	10
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	10
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	10
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	10
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	10
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	10
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	10
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	10
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	10
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	10
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	10
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	10
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	10
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	10
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	10
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	10
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	10
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	10
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	10
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	10
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10
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	10
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	10
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	10
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	10
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	10
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	10
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(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	10
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	10
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	10
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	10
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	10
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	10
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	10
07059	Polish sausage, pork	85.0	3.0 oz	10
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	10
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	10
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	10
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	10
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
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	10
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	10
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
17142	Veal, ground, raw	85.0	3.0 oz	10
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	10
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	10
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	10
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	10
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	10
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	10
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	10
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	10
02030	Spices, pepper, black	2.3	1.0 tsp, ground	10
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	10
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	10

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	10
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	10
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	10
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	10
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	10
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	10
09296	Quinces, raw	92.0	1.0 fruit without refuse	10
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	10
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	10
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	10
18235	Crackers, whole-wheat	28.0	1.0 serving	10
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	10
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	10
11151	Chicory, witloof, raw	53.0	1.0 head	10
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	10
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	10
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	10
18245	Danish pastry, cheese	28.35	1.0 oz	10
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	10
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	10
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	10
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	10
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	10
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	10
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	10
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	10
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	10
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	10
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	10
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	10
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	10
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	10
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	10
09279	Plums, raw	165.0	1.0 cup, sliced	10
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	10

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	10
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	10
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	10
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	10
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	10
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	10
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	10
09192	Oheloberries, raw	140.0	1.0 cup	10
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	10
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	10
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	10
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	10
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	10
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	10
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	10
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	10
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	10
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	10
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	10
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	10
16112	Miso	17.0	1.0 tbsp	10
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	10
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	10
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	10
09216	Orange peel, raw	6.0	1.0 tbsp	10
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	10
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	10
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	10
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	10
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	10
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	10
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	10

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	10
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	10
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	10
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	10
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	10
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	10
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)	10
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	10
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	10
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	10
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	10
09164	Litchis, raw	190.0	1.0 cup	10
15013	Fish, cisco, raw	79.0	1.0 fillet	9
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	9
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	9
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	9
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	9
06958	Gravy, instant beef, dry	6.7	1.0 serving	9
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
19129	Syrups, table blends, pancake	314.0	1.0 cup	9
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	9
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	9
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	9
27065	Dip, bean, original flavor	36.0	2.0 tbsp	9
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	9
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	9
19117	Candies, halavah, plain	28.35	1.0 oz	9
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	9
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	9
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	9
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	9
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
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	9
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	9
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	9
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	9
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	9
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	9
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	9
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	9
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	9
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	9
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	9
05152	Guinea hen, meat only, raw	85.0	3.0 oz	9
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	9
15033	Fish, haddock, raw	85.0	3.0 oz	9
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	9
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	9
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	9
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	9
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	9
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	9
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	9
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	9
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	9
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
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	9
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	9
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	9
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	9
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	9
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	9
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	9
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
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	9
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	9
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	9
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	9
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	9
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	9
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	9
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	9
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	9
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	9
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	9
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	9
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	9
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	9
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	9
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	9
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	9
15079	Fish, salmon, chum, raw	85.0	3.0 oz	9
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	9
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	9
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	9
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	9
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	9
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	9
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	9
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	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	9
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	9
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	9
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	9
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	9
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	9
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	9
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	9
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	9
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	9
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	9
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	9
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	9
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	9
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	9
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	9
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	9
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	9
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	9
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	9
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	9
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	9
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	9
18952	Tostada shells, corn	12.3	1.0 piece	9
06124	Gravy, pork, dry, powder	6.7	1.0 serving	9
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	9
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	9
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	9
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	9
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	9
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	9
09236	Peaches, yellow, raw	154.0	1.0 cup slices	9
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	9
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
02026	Spices, onion powder	2.4	1.0 tsp	9
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	9
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	9
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	9
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	9
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	9
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	9
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	9
09427	Abiyuch, raw	114.0	0.5 cup	9
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	9
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	9
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	9
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	9
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	9
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	9
10132	Pork, cured, feet, pickled	28.35	1.0 oz	9
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	9
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	9
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	9
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	9
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	9
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	9
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	9
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	9
18339	Popovers, dry mix, enriched	28.35	1.0 oz	9
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	9
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	9
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	9
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	9
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	9
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	9
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	9
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	9
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	9
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11376	Potatoes, canned, drained solids	180.0	1.0 cup	9
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	9
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	9
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	9
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	9
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	9
07018	Chicken spread	56.0	1.0 serving (1 serving)	9
15103	Fish, spot, raw	64.0	1.0 fillet	9
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	9
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	9
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	9
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	9
02009	Spices, chili powder	2.7	1.0 tsp	9
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	9
09050	Blueberries, raw	148.0	1.0 cup	9
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	9
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	9
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	9
09078	Cranberries, raw	110.0	1.0 cup, chopped	9
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	9
18157	Cookies, chocolate wafers	28.35	1.0 oz	9
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	9
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	9
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	9
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	9
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	9
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	9
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	9
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	9
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	9
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	9
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	9
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	9
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	9
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	9
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	9
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	9
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	9
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	9
09191	Nectarines, raw	143.0	1.0 cup slices	9
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	9
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	9
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	9
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	9
18240	Croissants, apple	28.35	1.0 oz	9
19041	Snacks, pork skins, plain	28.35	1.0 oz	9
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	9
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	9
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	8
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	8
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	8
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	8
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	8
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	8
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	8
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	8
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	8
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	8
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	8
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	8
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	8
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	8
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	8
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	8
90560	Mollusks, snail, raw	85.0	3.0 oz	8
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	8
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
15059	Fish, pout, ocean, raw	85.0	3.0 oz	8
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	8
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	8
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	8
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	8
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	8
05159	Quail, breast, meat only, raw	85.0	3.0 oz	8
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	8
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	8
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	8
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	8
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	8
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	8
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	8
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	8
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	8
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	8
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	8
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	8
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	8
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	8
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	8
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	8
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	8
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	8
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	8
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	8
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	8
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	8
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	8
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	8
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	8
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	8
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	8
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	8
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	8
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	8
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	8
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	8
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	8
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	8
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	8
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	8
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	8
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	8
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	8
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	8
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	8
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	8
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	8
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	8
27064	Wasabi	20.0	1.0 tablespoon	8
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	8
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	8
20316	Corn flour, whole-grain, white	117.0	1.0 cup	8
05621	Emu, ground, raw	117.0	1.0 patty	8
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	8
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	8
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	8
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	8
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	8
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19314	Pie fillings, canned, cherry	74.0	0.125 can	8
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	8
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	8
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	8
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	8
80200	Frog legs, raw	45.0	1.0 leg	8
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	8
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	8
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	8
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	8
02008	Spices, chervil, dried	0.6	1.0 tsp	8
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	8
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	8
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	8
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	8
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	8
09156	Lemon peel, raw	6.0	1.0 tbsp	8
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	8
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	8
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	8
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	8
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	8
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	8
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	8
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	8
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	8
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	8
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	8
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	8
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	8
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	8
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	8
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	8
06118	Gravy, brown, dry	6.0	1.0 tbsp	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	8
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	8
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	8
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	8
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	8
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	8
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	8
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	8
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	8
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	8
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	8
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	8
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	8
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	8
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	8
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	8
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	8
06957	Gravy, brown instant, dry	6.7	1.0 serving	8
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	8
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	8
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	8
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	8
06959	Gravy, instant turkey, dry	6.7	1.0 serving	8
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	8
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	8
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	8
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	8
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	8
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	8
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
02006	Spices, cardamom	2.0	1.0 tsp, ground	8
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	8
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	8
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	8
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	8
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	8
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	8
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	8
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	8
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	8
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	8
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	8
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	8
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	8
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	8
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	8
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	8
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	8
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	8
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	8
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	8
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	8
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	8
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	8
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	8
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	8
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	8
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	8
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	8
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	8
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	8
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	8
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	8
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	8
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	8
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	8
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	8
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	8
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	8
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	8
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	8
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	8
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	8
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	8
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	8
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	8
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	8
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	8
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	8
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	8
15073	Fish, roughy, orange, raw	85.0	3.0 oz	8
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	8
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	8
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	8
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	8
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	8
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	8
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	8
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	8
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	8
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	8
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	8
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	8
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	8
05641	Ostrich, ground, raw	109.0	1.0 patty	8
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	8
09163	Blueberries, dried, sweetened	40.0	0.25 cup	8
11952	Radicchio, raw	40.0	1.0 cup, shredded	8
09295	Pummelo, raw	190.0	1.0 cup, sections	8
19303	Marmalade, orange	20.0	1.0 tbsp	8
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	8
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	8
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	8
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	8
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	8
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	8
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	8
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	8
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	8
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	8
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	8
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	8
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	8
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	8
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	7
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	7
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	7
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	7
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	7
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	7
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	7
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	7
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	7
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	7
02066	Spearmint, dried	0.5	1.0 tsp	7
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	7

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	7
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	7
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	7
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	7
11209	Eggplant, raw	82.0	1.0 cup, cubes	7
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	7
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	7
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	7
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	7
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	7
15014	Fish, cisco, smoked	28.35	1.0 oz	7
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	7
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	7
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	7
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	7
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	7
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	7
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	7
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	7
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	7
16137	Hummus, home prepared	15.0	1.0 tablespoon	7
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	7
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	7
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	7
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	7
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	7
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
01070	Dessert topping, powdered	43.0	1.5 oz	7
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	7
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	7
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	7
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	7
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	7
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	7
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	7

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	7
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	7
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	7
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	7
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	7
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	7
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	7
11697	Arrowroot, raw	120.0	1.0 cup, sliced	7
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	7
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	7
07954	Beef sausage, pre-cooked	48.0	1.0 serving	7
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	7
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	7
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	7
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	7
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	7
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	7
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	7
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	7
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	7
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	7
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	7
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	7
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	7
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	7
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	7
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
03215	Babyfood, pretzels	28.35	1.0 oz	7
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	7
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	7
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	7
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	7
17174	Game meat, muskrat, raw	28.35	1.0 oz	7
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	7

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
43212	Bacon bits, meatless	7.0	1.0 tbsp	7
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	7
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	7
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	7
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	7
15007	Fish, butterfish, raw	32.0	1.0 fillet	7
20134	Rice noodles, cooked	176.0	1.0 cup	7
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	7
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	7
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	7
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	7
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	7
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")	7
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	7
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	7
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	7
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	7
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	7
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	7
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	7
18428	Crackers, wheat, low salt	14.2	0.5 oz	7
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	7
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	7
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	7
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	7
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	7
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	7
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	7
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	7
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	7
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	7
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	7
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	7
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	7
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	7
08546	Rice and Wheat cereal bar	22.0	1.0 bar	7

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	7
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	7
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	7
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
25046	Snacks, bagel chips, plain	28.35	1.0 oz	7
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	7
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	7
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	7
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	7
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	7
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
19081	Candies, sweet chocolate	28.35	1.0 oz	7
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	7
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	7
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	7
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	7
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	7
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	7
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	7
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	7
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	7
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	7
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	7
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	7
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	7
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	7
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	7
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	7
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	7
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	7
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	7
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	7
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	7
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	7
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7
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	7
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	7
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	7
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	7
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	7
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	7
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	7
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	7
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	7
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	7
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	7
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	7
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	7
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	7
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	7
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	7
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	7
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	7
15054	Fish, monkfish, raw	85.0	3.0 oz	7
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	7
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	7
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	7
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	7
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	7
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	7
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	7
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	7
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	7
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	7
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	7
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	7
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	7
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	7
11982	Peppers, pasilla, dried	7.0	1.0 pepper	7
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	7
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	7
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	7
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	7
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	7
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	7
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	7
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	7
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	7
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	7
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	7
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	7
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	7
19014	Snacks, fruit leather, rolls	21.0	1.0 large	7
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	7
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	7

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	7
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	7
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	7
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	7
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	7
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	7
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	7
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	7
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	7
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	7
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	7
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	7
43135	Sandwich spread, meatless	15.0	1.0 tbsp	7
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	7
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	7
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	7
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	7
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	7
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	7
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	7
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	7
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	7
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	7
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	7
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	7
18236	Cracker meal	28.35	1.0 oz	7
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	7
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	7
02019	Spices, fenugreek seed	3.7	1.0 tsp	7
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	6
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	6
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	6
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	6
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	6
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	6
02032	Spices, pepper, white	2.4	1.0 tsp, ground	6
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	6
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	6
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	6
07007	Bologna, beef	30.0	1.0 slice	6
07052	Pastrami, turkey	57.0	2.0 slices	6
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	6
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	6
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	6
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	6
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	6
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	6
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	6
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	6
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
18444	Pie, fried pies, cherry	28.35	1.0 oz	6
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	6
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	6
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	6
18319	Pie, fried pies, fruit	28.35	1.0 oz	6
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	6
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	6
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
18445	Pie, fried pies, lemon	28.35	1.0 oz	6
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	6
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	6
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	6
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	6
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	6
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	6
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	6
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	6
18222	Crackers, melba toast, wheat	14.2	0.5 oz	6
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	6
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	6
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	6
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	6
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	6
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	6
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	6
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	6
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	6
07005	Blood sausage	100.0	4.0 slices	6
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	6
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	6
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	6
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	6
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	6
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	6
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	6
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	6
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	6
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	6
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	6
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	6
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	6
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	6
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	6
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	6
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	6
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	6
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	6
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	6
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	6
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	6
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	6
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	6
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	6
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	6
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
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	6
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	6
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	6
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	6
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	6
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	6
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	6
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	6
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	6
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	6
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	6
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	6
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	6
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	6
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	6
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	6
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	6
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	6
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	6
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	6
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	6
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	6
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	6
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	6
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	6
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	6
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	6
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	6
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	6
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	6

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10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	6
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	6
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	6
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	6
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	6
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
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	6
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	6
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	6
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	6
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
15083	Fish, salmon, pink, raw	85.0	3.0 oz	6
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	6
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	6
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
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	6
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	6
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	6
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	6
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	6
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	6
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	6
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	6
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	6
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	6
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	6
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	6
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	6
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	6
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	6
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	6
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	6
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	6
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	6
16158	Hummus, commercial	15.0	1.0 tbsp	6
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	6
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	6
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	6
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	6
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	6
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	6
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	6
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	6
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	6
02029	Spices, parsley, dried	0.5	1.0 tsp	6
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	6
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	6
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	6
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	6
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	6
18218	Crackers, matzo, egg	14.2	0.5 oz	6
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	6
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	6
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	6
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	6
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	6
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	6
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6
03217	Zwieback	28.35	1.0 oz	6
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	6
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	6
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	6
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	6
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	6
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	6
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	6
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	6
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	6
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	6
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	6
06150	Sauce, barbecue	17.0	1.0 tbsp	6
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	6
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	6
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	6
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	6
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	6
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	6
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	6
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	6
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	6
09004	Apples, raw, without skin	110.0	1.0 cup slices	6
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(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)	5
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	5
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	5
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	5
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	5
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	5
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	5
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	5
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	5
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	5
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	5
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	5
18281	Muffins, corn, toaster-type	28.35	1.0 oz	5
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	5
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
42316	Babyfood, carrots, toddler	28.35	1.0 oz	5
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	5
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	5
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
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	5
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	5
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	5
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	5
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	5
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
02024	Spices, mustard seed, ground	2.0	1.0 tsp	5
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	5
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	5
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	5
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
02028	Spices, paprika	2.3	1.0 tsp	5
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	5
20032	Millet, cooked	174.0	1.0 cup	5
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	5
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	5
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	5
11522	Taro shoots, raw	43.0	0.5 cup slices	5
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	5
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	5
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	5
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	5
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	5
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	5
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	5
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	5
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5
19415	Snacks, potato sticks	28.35	1.0 oz	5
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	5
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	5
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	5
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	5
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	5
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	5
19400	Snacks, banana chips	28.35	1.0 oz	5
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
07050	Mortadella, beef, pork	28.35	1.0 oz	5
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	5
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	5
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	5
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	5
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	5
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	5
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	5
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	5
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	5
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	5
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	5
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	5
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	5
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
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	5
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	5
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	5
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	5
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	5
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	5
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	5
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5
21401	Fast foods, chicken tenders	30.0	1.0 strip	5
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	5
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	5
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	5
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	5
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	5
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	5
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	5
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	5
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	5
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	5
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)	5
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	5
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	5
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	5
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
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)	5
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	5
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	5
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	5
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	5
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	5
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5
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	5
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	5
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	5
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	5
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	5
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	5
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	5
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	5
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	5
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	5
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	5
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	5
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	5
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	5
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)	5
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	5
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
10130	Canadian bacon, unprepared	85.0	3.0 oz	5
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	5
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	5
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	5
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	5
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	5
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	5
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	5
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	5
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	5
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	5
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	5
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	5
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	5
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	5
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	5
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	5
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	5
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	5
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	5
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	5
02043	Spices, turmeric, ground	3.0	1.0 tsp	5
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	5
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	5
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	5
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	5
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	5
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	5
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	5
42270	Beverages, Orange juice drink	249.0	1.0 cup	5
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	5
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	5
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	5
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	5
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	5
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	5
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	5
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	5
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	5
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	5
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	5
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	5
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	5
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	5
20089	Wild rice, cooked	164.0	1.0 cup	5
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	5
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	5
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	5
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	5
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	5
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	5
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	5
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	5
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	5
17162	Game meat, caribou, raw	28.35	1.0 oz	5
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	5
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	5
25037	Snacks, pita chips, salted	28.35	1.0 oz	5
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	5
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	5
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	5
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	5
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	5
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	5
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	5
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	5
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	5
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	5
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	5
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	5
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	5
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	5
11960	Carrots, baby, raw	15.0	1.0 large	5
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	5
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	5
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	5
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	5
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	5
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	5
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	5
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	5
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	5
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	5
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	5
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	5
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	5
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	5
09446	Plantains, green, fried	118.0	1.0 cup	5
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	5
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	5
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	5
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	5
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	5
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	5
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	5
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	5
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	5
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	5
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	5
19080	Candies, semisweet chocolate	14.5	1.0 serving	5
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	5
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	5
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	5
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	5
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	5
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	5
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	5
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	5
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	5
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	5
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	5
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	5
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	5
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	5
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	5
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	5
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	5
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	5
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	5
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	5
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	5
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	5
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	5
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	5
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	5
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	5
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	5
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	5
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	5
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	5
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
17224	Lamb, ground, raw	28.35	1.0 oz	5
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	5
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	5
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	5
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	5
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	5
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	5
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	5

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23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	5
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	5
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	5
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	5
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	5
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	5
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	5
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	5
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	5
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	5
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	5
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	5
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	5
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	5
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	5
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	5
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	5
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	5
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	5
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	5
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	5
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	5
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	5
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	5
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	4
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	4
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	4
13166	USDA Commodity, beef, canned	45.0	1.0 serving	4
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	4
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	4
43046	Candies, nougat, with almonds	14.0	1.0 piece	4
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4
09277	Plantains, raw	148.0	1.0 cup, sliced	4
11987	Mushrooms, oyster, raw	148.0	1.0 large	4
02044	Basil, fresh	2.5	5.0 leaves	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18216	Crackers, crispbread, rye	14.2	0.5 oz	4
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	4
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	4
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	4
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	4
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	4
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	4
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	4
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	4
02069	Vinegar, balsamic	16.0	1.0 tbsp	4
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	4
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	4
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	4
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	4
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	4
02022	Spices, mace, ground	1.7	1.0 tsp	4
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	4
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	4
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	4
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	4
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	4
17150	Game meat, beaver, raw	28.35	1.0 oz	4
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	4
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	4
18354	Strudel, apple	28.35	1.0 oz	4
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
43282	Quail, cooked, total edible	28.35	1.0 oz	4
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	4
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	4
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	4
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	4
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	4
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	4
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	4
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	4
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	4
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	4
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	4
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	4
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	4
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	4
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	4
10158	USDA Commodity, pork, canned	85.0	3.0 oz	4
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
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)	4
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	4
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	4
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	4
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	4
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	4
15110	Fish, swordfish, raw	85.0	3.0 oz	4
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	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
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)	4
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	4
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	4
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	4
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	4
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	4
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	4
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	4
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	4
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	4
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)	4
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	4
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	4
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	4
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	4
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	4
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	4
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	4
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	4
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	4
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	4
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
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)	4
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	4
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	4
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	4
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	4
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	4
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	4
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	4
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	4
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	4
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	4
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	4
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	4
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	4
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)	4
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	4
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	4
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	4
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
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)	4
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	4
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	4
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
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)	4
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	4
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	4
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	4
06115	Gravy, au jus, dry	3.0	1.0 tsp	4
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	4
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	4
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	4
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	4
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)	4
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	4
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	4
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	4
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	4
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	4
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	4
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	4
02025	Spices, nutmeg, ground	2.2	1.0 tsp	4
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
43406	Yeast extract spread	6.0	1.0 tsp	4
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	4
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4
09278	Plantains, cooked	200.0	1.0 cup, mashed	4
19719	Jams and preserves, apricot	20.0	1.0 tbsp	4
19297	Jams and preserves	20.0	1.0 tbsp	4
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	4
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	4
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	4
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	4
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	4
10219	Pork, fresh, ground, raw	28.35	1.0 oz	4
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	4
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	4
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	4
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	4
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	4
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	4
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	4
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	4
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	4
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	4
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	4
07921	Bacon and beef sticks	28.0	1.0 oz	4
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	4
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	4
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	4
05311	Chicken, canned, no broth	28.0	1.0 oz	4
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	4
19181	Candies, YORK BITES	39.0	15.0 pieces	4
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	4
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	4
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	4
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	4
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	4
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	4
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	4
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	4
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	4
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	4
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	4
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	4
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	4
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	4
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	4
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	4
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	4
18224	Crackers, rusk toast	14.2	0.5 oz	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	4
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	4
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	4
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	4
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	4
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	4
03172	Babyfood, juice, orange	31.2	1.0 fl oz	4
43408	Babyfood, juice, pear	31.2	1.0 fl oz	4
11677	Shallots, raw	10.0	1.0 tbsp chopped	4
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	4
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	4
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	4
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	4
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	4
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	4
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	4
18003	Bagels, egg	28.35	1.0 oz	4
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	4
17168	Goat, raw	28.35	1.0 oz	4
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	4
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	4
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	4
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	4
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	4
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	4
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	4
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	4
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	4
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	4
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	4
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	4
09079	Cranberries, dried, sweetened	40.0	0.25 cup	4
14287	Beverages, Lemonade, powder	18.0	1.0 serving	4
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	4
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	4
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	4
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	4
19858	Candies, sugar-coated almonds	3.5	1.0 piece	4
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	4
01072	Dessert topping, pressurized	70.0	1.0 cup	4
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	4
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	3
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	3
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
02054	Capers, canned	8.6	1.0 tbsp, drained	3
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	3
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	3
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	3
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	3
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	3
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	3
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	3
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	3
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	3
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	3
18171	Cookies, fortune	28.35	1.0 oz	3
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	3
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	3
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	3
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	3
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	3
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	3
17158	Game meat, boar, wild, raw	28.35	1.0 oz	3
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	3
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	3
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	3
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	3
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	3
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	3
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	3
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	3
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	3
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	3
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	3
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	3
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	3
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	3
05631	Emu, oyster, raw	85.0	3.0 oz	3
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	3
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	3
05628	Emu, inside drum, raw	85.0	3.0 oz	3
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
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	3
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	3
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	3
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	3
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	3
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	3
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	3
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	3
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	3
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	3
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	3
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	3
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	3
05626	Emu, full rump, raw	85.0	3.0 oz	3
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	3
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	3
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	3
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	3
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	3
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	3
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	3
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	3
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	3
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	3
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	3
11953	Squash, zucchini, baby, raw	16.0	1.0 large	3
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	3
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	3
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	3
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	3
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	3
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	3
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	3
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	3
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	3
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	3
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	3
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	3
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	3
02049	Thyme, fresh	0.8	1.0 tsp	3
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	3
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	3
11981	Peppers, hungarian, raw	27.0	1.0 pepper	3
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	3
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	3
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	3
11959	Arugula, raw	2.0	1.0 leaf	3
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	3
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	3
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	3
11145	Celtuce, raw	8.0	1.0 leaf	3
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	3
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	3
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	3
11292	Onions, young green, tops only	6.0	1.0 tbsp	3
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	3
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	3
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	3
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	3
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	3
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	3
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	3
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	3
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	3
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	3
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	3
18338	Phyllo dough	28.35	1.0 oz	3
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	3
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	3
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	3
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	3
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	3
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	3
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	3
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	3
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	3
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	3
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	3
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	3
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	3
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	3
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	3
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	3
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	3
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	3
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	3
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	3
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	3
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	3
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	3
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	3
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	3
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	3
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	3
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
14555	Water, bottled, generic	29.6	1.0 fl oz	3
19312	Pie fillings, apple, canned	74.0	0.125 can	3
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	3
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	3
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	3
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	3
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	3
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	3
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	3
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	3
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	3
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	3
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	3
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	3
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	3
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	3
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	3
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	3
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	3
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	3
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	3
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	3
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	3
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	3
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	3
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	3
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	3
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	3
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	3
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	3
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	3
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	3
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	3
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	3
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	3
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
07030	Ham, minced	28.35	1.0 oz	3
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	3
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	3
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	3
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	3
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	3
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	3
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	3
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	3
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	3
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	3
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3
02055	Horseradish, prepared	5.0	1.0 tsp	3
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	3
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	3
07926	Salami, Italian, pork	28.0	1.0 oz	3
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	3
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	3
11156	Chives, raw	3.0	1.0 tbsp chopped	3
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	3
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	3
90480	Syrup, Cane	21.0	1.0 serving	3
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	3
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	3
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	3
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	3
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	3
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	3
19340	Sugars, maple	3.0	1.0 tsp	3
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	3
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	3
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	3
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	3
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	3
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	3
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	3
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	3
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	3
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	3
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	3
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	3
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	3
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	3
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	3
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	3
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	3
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	3
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	3
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	3
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	3
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	3
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	3
20027	Cornstarch	128.0	1.0 cup	3
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	3
15109	Fish, surimi	28.35	1.0 oz	3
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	3
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	3
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	3
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	3
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	3
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	3
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	3
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	3
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	3
25027	Snacks, plantain chips, salted	28.35	1.0 oz	3
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	3
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	3
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	3
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	3
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	3
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	3
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	3
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	3
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	3
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	3
05630	Emu, outside drum, raw	85.0	3.0 oz	3
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	3
11935	Catsup	17.0	1.0 tbsp	3
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	3
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3
11949	Catsup, low sodium	17.0	1.0 tbsp	3
05625	Emu, flat fillet, raw	85.0	3.0 oz	3
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	3
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	3
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	3
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	3
19137	Toppings, strawberry	42.0	2.0 tbsp	3
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	3
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	3
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	3
42161	Bologna, beef, low fat	28.0	1.0 slice	3
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	3
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	3
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	3
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	3
11005	Arrowhead, raw	25.0	1.0 large	2
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	2
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	2
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	2
19334	Sugars, brown	3.0	1.0 tsp unpacked	2
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	2
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	2
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	2
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	2
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	2
02020	Spices, garlic powder	3.1	1.0 tsp	2
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	2
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	2
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	2
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	2
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	2
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	2
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	2
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	2
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	2
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	2
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	2
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	2
11954	Tomatillos, raw	34.0	1.0 medium	2
19294	Fruit butters, apple	17.0	1.0 tbsp	2
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	2
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	2
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	2
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	2
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	2
06114	Gravy, au jus, canned	59.0	0.25 cup	2
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	2
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	2
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	2
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	2
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	2
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	2
01124	Egg, white, raw, fresh	33.0	1.0 large	2
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	2
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	2
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	2
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	2
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	2
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
07040	Liver cheese, pork	28.35	1.0 oz	2
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	2
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	2
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	2
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	2
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	2
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	2
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	2
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	2
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2
07019	Chorizo, pork and beef	28.35	1.0 oz	2
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	2
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	2
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	2
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	2
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	2
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	2
18323	Pie, peach	28.35	1.0 oz	2
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	2
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	2
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	2
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	2
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	2
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	2
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	2
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	2
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	2
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	2
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	2
13350	Beef, cured, dried	28.0	10.0 slices	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	2
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	2
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	2
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	2
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	2
09129	Grapes, muscadine, raw	6.0	1.0 grape	2
02063	Rosemary, fresh	0.7	1.0 tsp	2
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)	2
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	2
11984	Epazote, raw	0.8	1.0 tbsp	2
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	2
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	2
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	2
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	2
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	2
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	2
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	2
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	2
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	2
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	2
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	2
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	2
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	2
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	2
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	2
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	2
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	2
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
02045	Dill weed, fresh	1.0	5.0 sprigs	2
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	2
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	2
02021	Spices, ginger, ground	1.8	1.0 tsp	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	2
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	2
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	2
21422	KFC, Popcorn Chicken	6.4	1.0 piece	2
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	2
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	2
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	2
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	2
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	2
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	2
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	2
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	2
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	2
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	2
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	2
07026	Ham, chopped, canned	28.35	1.0 oz	2
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	2
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	2
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	2
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	2
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	2
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	2
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	2
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	2
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	2
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	2
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	2
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	2
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	2
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	2
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	2
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	2
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	2
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	2
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	2
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	2
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	2
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	2
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	2
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	2
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	2
28292	Crackers, multigrain	14.0	4.0 crackers	2
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	2
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	2
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	2
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	2
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	2
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	2
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	2
01069	Cream substitute, powdered	94.0	1.0 cup	2
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	2
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	2
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	2
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	2
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	2
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	2
18217	Crackers, matzo, plain	14.2	0.5 oz	2
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	2
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	2
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	2
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	2
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	2
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	2
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	2
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	2
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	2
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	2
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	2
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	2
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	2
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	2
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	2
19419	Snacks, corn cakes	9.0	1.0 cake	2
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	2
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	2
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	2
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	2
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	2
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	2
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	2
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	2
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	2
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	2
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	2
07045	Luncheon meat, pork, canned	28.35	1.0 oz	2
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	2
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	2
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	2
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	2
17170	Game meat, horse, raw	28.35	1.0 oz	2
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	2
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	2
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	2
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	2
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	2
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	2
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	2
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	2
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	2
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	2
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	2
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	2
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	2
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	2
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	2
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	2
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	2
43483	Millet, puffed	21.0	1.0 cup	2
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	2
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	2
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	2
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	2
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	2
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	2
11640	Shallots, freeze-dried	0.9	1.0 tbsp	2
11615	Chives, freeze-dried	0.2	1.0 tbsp	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	2
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	2
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	2
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	2
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	2
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	2
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	2
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	2
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	2
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	2
07068	Salami, cooked, beef	26.0	1.0 slice	2
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	2
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	2
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	2
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	2
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	2
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	2
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	2
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	2
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	2
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	2
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	2
07974	Bacon, turkey, low sodium	15.0	1.0 serving	2
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	2
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	2
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	2
19116	Candies, marshmallows	50.0	1.0 cup of miniature	2
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	1
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	1
19300	Jellies	21.0	1.0 serving 1 tbsp	1
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	1
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	1
02047	Salt, table	6.0	1.0 tsp	1
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	1
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	1
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	1
17172	Game meat, moose, raw	28.35	1.0 oz	1
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	1
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	1
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	1
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	1
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	1
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	1
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	1
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	1
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	1
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	1
17164	Game meat, deer, raw	28.35	1.0 oz	1
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	1
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	1
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	1
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	1
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	1
10005	Pork, fresh, belly, raw	28.35	1.0 oz	1
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	1
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	1
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	1
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	1
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	1
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	1
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	1
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	1
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	1
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	1
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	1
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	1
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	1
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	1
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	1
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	1
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	1
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	1
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	1
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	1
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	1
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	1
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	1
03166	Babyfood, juice, apple	31.7	1.0 fl oz	1
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	1
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	1
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	1
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	1
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	1
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	1
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	1
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	1
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	1
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	1
42040	Syrups, grenadine	20.0	1.0 tbsp	1
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	1
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	1
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	1
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	1
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	1
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	1
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1
19336	Sugars, powdered	120.0	1.0 cup unsifted	1
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1
07031	Ham salad spread	15.0	1.0 tbsp	1
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	1
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	1
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	1
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	1
07951	Scrapple, pork	17.0	1.0 cubic inch	1
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	1
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	1
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	1
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	1
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	1
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	1
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	1
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	1
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	1
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	1
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	1
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	1
43497	Jellyfish, dried, salted	58.0	1.0 cup	1
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	1
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	1
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	1
19070	Candies, butterscotch	28.35	1.0 oz	1
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	1
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	1
17166	Game meat, elk, raw	28.35	1.0 oz	1
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	1
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	1
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	1
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	1
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	1
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	1
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	1
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	1
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	1
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	1
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	1
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	1
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	1
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	1
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	1
02048	Vinegar, cider	14.9	1.0 tbsp	1
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	1
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	1
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	1
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	1
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	1
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	1
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	1
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	1
25059	Snacks, brown rice chips	9.0	1.0 cake	1
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	1
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	1
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	1
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	1
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	1
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	1
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	1
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	1
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	1
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	1
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	1
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	1
42136	Cream substitute, powdered, light	94.0	1.0 cup	1
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	1
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	1
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	1
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	1
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	1
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	1
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	1
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	1
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	1
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	1
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	1
19036	Snacks, popcorn, cakes	10.0	1.0 cake	1
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	1
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	1
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	1
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	1
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	1
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	1
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	1
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	1
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	1
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	1
02053	Vinegar, distilled	14.9	1.0 tbsp	1
02068	Vinegar, red wine	14.9	1.0 tbsp	1
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	1
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	1
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	1
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14412	Beverages, water, tap, well	29.6	1.0 fl oz	1
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	1
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	1
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	1
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	1
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	1
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	1
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	1
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	1
01074	Sour cream, imitation, cultured	28.35	1.0 oz	1
17146	Game meat, bear, raw	28.35	1.0 oz	1
19365	Toppings, marshmallow cream	28.35	1.0 oz	1
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	1
17144	Game meat, antelope, raw	28.35	1.0 oz	1
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	1
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	1
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	1
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	1
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	1
19107	Candies, hard	28.35	1.0 oz	1
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	1
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	1
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	1
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	1
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	1
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	1
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	1
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	1
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	1
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	1
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	1
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	1
09165	Litchis, dried	2.5	1.0 fruit	1
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	1
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	1
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	1
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	1
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	1
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	1
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	1
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	1
02037	Spices, saffron	0.7	1.0 tsp	1
09173	Longans, dried	1.7	1.0 fruit	1
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	1
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	1
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	1
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	1
11944	Pickle relish, hot dog	15.0	1.0 tbsp	1
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	1
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	1
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	1
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	1
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	1
11943	Pimento, canned	12.0	1.0 tbsp	1
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	1
11625	Parsley, freeze-dried	0.4	1.0 tbsp	1
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	1
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	1
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	1
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	1
27066	Sauce, horseradish	5.6	1.0 tsp	1
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	1
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	1
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	1
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	1
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	1
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	1
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	1
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	1
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	1
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	1
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	1
11958	Pickle relish, hamburger	15.0	1.0 tbsp	1
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	1
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	1
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	1
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	1
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1
02065	Spearmint, fresh	0.3	2.0 leaves	1
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	1
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	1
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	1
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	1
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	1
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	1
11447	Sesbania flower, raw	3.0	1.0 flower	1
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	1
17183	Game meat, squirrel, raw	28.35	1.0 oz	1
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	1
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	1
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	1
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	1
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	1
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	1
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	1
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	1
19908	Sugar, turbinado	4.6	1.0 tsp	1
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	1
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	1
01003	Butter oil, anhydrous	12.8	1.0 tbsp	1
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0
02050	Vanilla extract	4.2	1.0 tsp	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0
11945	Pickle relish, sweet	15.0	1.0 tbsp	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	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
43060	Chewing gum, sugarless	2.0	1.0 piece	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0
19108	Candies, jellybeans	11.0	10.0 small	0
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0
11216	Ginger root, raw	2.0	1.0 tsp	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
42141	Cream substitute, liquid, light	30.0	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
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
02064	Peppermint, fresh	0.1	2.0 leaves	0
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
04047	Oil, coconut	13.6	1.0 tbsp	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	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
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0
09172	Longans, raw	3.2	1.0 fruit without refuse	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
43026	Syrups, sugar free	240.0	1.0 cup	0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0
04590	Fish oil, herring	13.6	1.0 tbsp	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0
04534	Oil, babassu	13.6	1.0 tbsp	0
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	0
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
19163	Chewing gum	3.0	1.0 stick	0
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	0
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	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	0
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	0
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04516	Oil, teaseed	13.6	1.0 tablespoon	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
04581	Oil, avocado	14.0	1.0 tbsp	0
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
04594	Fish oil, sardine	13.6	1.0 tbsp	0
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	0
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	0
04542	Fat, chicken	12.8	1.0 tbsp	0
11941	Pickles, cucumber, sour	155.0	1.0 cup	0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
04574	Fat, duck	12.8	1.0 tbsp	0
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	0
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0
04591	Fish oil, menhaden	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	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
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	0
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	0
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	0
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0
04588	Oil, oat	13.6	1.0 tbsp	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	0
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	0
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	0
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
27027	PACE, Pico De Gallo	32.0	1.0 serving	0
04528	Oil, walnut	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
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0
02074	Seasoning mix, dry, sazon, coriander & annatto	1.0	0.25 tsp	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0
04002	Lard	12.8	1.0 tbsp	0
04582	Oil, canola	14.0	1.0 tbsp	0
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	0
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0
04575	Fat, turkey	12.8	1.0 tbsp	0
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	0
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	0
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
04589	Fish oil, cod liver	4.5	1.0 tsp	0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
04055	Oil, palm	13.6	1.0 tbsp	0
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
27028	PACE, Salsa Verde	32.0	1.0 serving	0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	0
04529	Oil, almond	13.6	1.0 tablespoon	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	0
04583	Oil, mustard	14.0	1.0 tbsp	0
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
19030	Syrup, fruit flavored	20.0	1.0 serving	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	0
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	0
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	0
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	0
04576	Fat, goose	12.8	1.0 tbsp	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0
16260	SILK Original Creamer	15.0	1.0 tbsp	0
04593	Fish oil, salmon	13.6	1.0 tbsp	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	0
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	0