USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 20:5 n-3 (EPA) (g) ; 22:6 n-3 (DHA) (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 15, 2016 18:09 EDT

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
04591	Fish oil, menhaden	13.6	1.0 tbsp	1.791	1.164
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.788	1.272
04593	Fish oil, salmon	13.6	1.0 tbsp	1.771	2.480
04594	Fish oil, sardine	13.6	1.0 tbsp	1.379	1.449
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.300	1.580
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	1.295	2.372
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.180	0.764
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.006	1.569
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.977	1.642
15094	Fish, shad, american, raw	85.0	3.0 oz	0.923	1.123
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.858	0.618
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.857	0.802
04590	Fish oil, herring	13.6	1.0 tbsp	0.853	0.572
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.824	0.586
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.737	0.782
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.733	0.938
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.718	0.685
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.705	0.758
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.669	0.744
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.586	1.238
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.583	1.246
15074	Fish, sablefish, raw	85.0	3.0 oz	0.575	0.610
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.573	0.428
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.473	0.769
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.468	0.482
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.462	0.706
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.457	0.774
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.452	0.591
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.447	0.334

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.444	0.615
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.440	0.637
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.439	0.608
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.433	0.792
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.429	1.390
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.418	0.564
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.402	0.597
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.402	0.597
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.395	0.158
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.378	0.779
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.378	0.778
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.375	0.323
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.371	0.594
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.365	0.558
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.357	0.495
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.349	1.215
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.345	1.025
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.341	0.559
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.327	0.698
04589	Fish oil, cod liver	4.5	1.0 tsp	0.310	0.494
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.309	0.970
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.303	0.460
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.300	0.456
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.300	0.230
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.290	0.118
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.284	0.632
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.282	0.123
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.282	0.380
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.280	0.860
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.275	0.334
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.275	0.569
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.273	0.948
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.269	0.800
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.269	0.930
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.269	0.448
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.261	0.269

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.259	0.124
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.258	1.100
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.254	0.476
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.254	0.429
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.253	0.268
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.251	0.313
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.241	0.757
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.239	0.096
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.235	0.430
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.234	0.355
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.233	0.579
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.233	0.178
06963	Fish broth	244.0	1.0 cup	0.232	0.246
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.225	0.092
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.220	0.096
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.219	0.366
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.219	0.125
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.219	0.125
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.216	0.366
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.213	0.168
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.212	0.101
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.208	0.562
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.208	0.560
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.204	0.169
15008	Fish, carp, raw	85.0	3.0 oz	0.202	0.097
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.201	0.244
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.198	0.535
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.198	0.335
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.198	0.535
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.197	0.444
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.196	0.244
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.195	0.179
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.189	0.284
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.188	0.282
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.186	0.075
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.186	0.261

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.185	0.339
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.185	0.339
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.184	0.437
15014	Fish, cisco, smoked	28.35	1.0 oz	0.181	0.174
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.179	0.225
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.179	0.194
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.172	0.185
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.171	0.408
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.170	0.113
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.167	0.138
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.165	0.079
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.161	0.246
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.161	0.420
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.160	0.173
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.160	0.417
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.159	0.355
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.155	0.283
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.153	0.102
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.149	0.114
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.148	0.193
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.146	0.184
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.145	0.128
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.144	0.497
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.143	0.196
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.142	0.357
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.141	0.263
15103	Fish, spot, raw	64.0	1.0 fillet	0.141	0.262
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.140	0.176
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.139	0.177
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.138	0.323
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.138	0.191
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.136	0.357
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.136	0.090
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.136	0.130
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.130	0.026
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.129	0.138

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.129	0.049
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.127	0.044
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.126	0.114
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.125	0.268
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.123	0.226
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.120	0.244
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.119	0.079
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.117	0.105
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.117	0.124
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.116	0.150
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.115	0.120
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.113	0.110
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.113	0.221
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.110	0.199
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.108	0.656
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.105	0.032
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.105	0.041
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.104	0.193
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.103	0.375
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.101	0.040
90560	Mollusks, snail, raw	85.0	3.0 oz	0.101	0.000
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.099	0.023
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.098	0.077
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.097	0.077
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.093	0.135
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.093	0.105
15110	Fish, swordfish, raw	85.0	3.0 oz	0.091	0.550
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.088	0.032
15090	Fish, scup, raw	85.0	3.0 oz	0.088	0.451
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.088	0.017
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.087	0.005
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.087	0.030
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.086	0.121
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.082	0.199
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.082	0.114
15006	Fish, burbot, raw	116.0	1.0 fillet	0.081	0.111

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.081	0.111
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	--	0.080
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.077	0.201
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.077	0.383
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.076	0.164
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.076	0.026
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	--	0.076
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.076	0.167
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.075	0.096
15013	Fish, cisco, raw	79.0	1.0 fillet	0.075	0.203
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.073	0.191
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.072	0.005
15112	Fish, tilefish, raw	85.0	3.0 oz	0.072	0.293
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.071	0.054
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.071	0.134
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.071	0.091
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.070	0.062
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.068	0.132
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.067	0.024
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.066	0.112
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.065	0.212
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.065	0.069
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.064	0.141
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.064	0.141
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.062	0.031
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.061	0.088
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.061	0.091
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.060	0.298
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.060	0.157
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.060	0.090
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.059	0.292
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.057	0.273
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.056	0.060
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.056	0.023
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.056	0.109
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.056	0.151

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15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.054	0.102
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.053	0.000
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.052	0.016
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.052	0.076
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.052	0.076
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.052	0.254
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.051	0.034
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.051	0.000
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.051	0.034
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.050	0.111
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.047	0.104
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.046	0.103
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.046	--
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	--	0.045
15109	Fish, surimi	28.35	1.0 oz	0.045	0.068
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.044	0.014
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.044	0.045
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.043	0.221
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.043	0.027
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.042	0.154
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.042	0.000
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.041	0.097
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.041	0.232
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.040	0.082
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.040	0.082
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.040	0.190
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.039	0.111
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.039	0.147
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.039	0.031
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.038	0.106
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.038	0.089
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.038	0.093
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.037	0.054
15033	Fish, haddock, raw	85.0	3.0 oz	0.036	0.076
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.036	0.081

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.035	0.000
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.033	--
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.033	0.056
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.033	0.007
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.033	0.007
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.032	0.008
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.032	0.008
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.032	0.008
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.032	0.019
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.031	0.468
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.031	--
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.031	0.023
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.031	0.013
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.030	0.181
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.030	0.013
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.030	0.008
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.030	--
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.030	--
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.029	0.006
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.029	0.007
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.029	0.072
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.029	0.099
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.028	0.014
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.028	0.011
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.028	--
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.028	0.050
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.028	0.014
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.028	--

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.028	0.011
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.028	0.063
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.028	0.011
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028	0.126
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028	0.070
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.028	0.084
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.028	0.008
05305	Ground turkey, raw	453.6	1.0 lb	0.027	0.036
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.027	0.003
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.027	0.009
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.027	0.039
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	--	0.027
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.027	0.032
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.026	0.000
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.026	0.003
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.026	0.003
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.026	0.004
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.026	0.009
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.026	0.007
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.026	0.026
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.026	0.008
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.025	0.075
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.025	0.011
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.025	0.014
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.025	0.006
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.025	0.012
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.025	0.000
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.025	0.004
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	0.024	0.012
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.024	0.008
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.024	0.008

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.024	0.003
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.024	0.009
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.024	0.005
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.024	0.013
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.024	0.008
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.024	0.003
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.024	0.014
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.024	0.013
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.024	0.004
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.024	0.014
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.023	0.027
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.023	0.010
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.023	0.007
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.023	0.006
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.023	0.086
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.023	0.051
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.023	0.008
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.023	0.003
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.023	0.187
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.023	0.009
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.023	0.008
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.023	0.006
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.023	0.008
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.023	0.003
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.023	0.014
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.023	0.015
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.023	0.010
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.023	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.022	0.048
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.022	0.006
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.022	0.009
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.022	0.096
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.022	0.004
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022	0.055
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.022	0.007
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.022	0.000
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.022	0.003
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.022	--
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.022	--
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.021	0.005
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.021	0.005
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.021	0.007
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.021	0.002
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	0.021	0.012
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.021	0.002
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.021	0.005
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.021	0.014
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.021	--
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.021	0.009
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.021	0.003
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.021	0.008
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.021	0.007
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.021	0.003
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.021	0.004
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.021	0.009
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.021	0.003
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.021	--
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	--	0.021

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.021	0.084
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.021	0.000
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.021	0.000
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.021	--
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.021	--
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.020	0.010
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.020	0.006
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.020	0.000
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.020	0.005
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.020	0.002
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.020	0.010
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.020	0.010
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.020	0.009
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.020	0.000
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.020	0.003
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020	0.051
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.020	0.119
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.020	0.007
93600	Turtle, green, raw	85.0	3.0 oz	0.020	0.028
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.020	0.001
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.019	0.002
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.019	0.001
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.019	0.007
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.019	0.005
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.019	0.003
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.019	0.000
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.019	0.007

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.019	0.003
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.019	0.038
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.019	0.008
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	--	0.019
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.019	0.000
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.018	0.002
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.018	0.002
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	--	0.018
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.018	0.003
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.018	0.002
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.018	0.001
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.018	0.002
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.018	0.015
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.018	0.000
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.018	0.001
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.018	0.000
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.018	0.000
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.018	0.003
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.018	0.008
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.018	0.003
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.018	0.050
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.018	0.035
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.018	0.043
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.017	0.034
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.017	0.006
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.017	0.053
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.017	0.051
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.017	0.036
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.017	0.000
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.017	0.007
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.017	0.075
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.017	0.006
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.017	0.068

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	--	0.017
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.017	0.003
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.017	0.008
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.017	0.002
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.017	0.006
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.017	0.202
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.017	0.014
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0.016	0.027
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.016	0.003
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.016	0.007
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.016	0.006
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.016	0.002
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.016	0.002
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.016	0.002
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.016	0.001
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.016	0.125
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.015	0.004
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.015	0.003
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.015	0.000
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.015	0.002
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.015	0.026
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.015	0.002
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.015	0.000
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.015	0.002
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.014	0.058
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.014	0.058
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.014	0.000
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.014	0.003
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.014	0.001
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.014	0.003
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.014	0.002
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.014	0.048
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014	0.036

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.014	0.028
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.014	0.006
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.014	0.009
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.014	0.117
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.014	0.009
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.028
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.014	0.056
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.070
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.014	0.042
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.056
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.042
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.014	0.070
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.042
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.056
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.084
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.042
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.056
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.056
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.070
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.028
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.014	0.056
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.028
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.070
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.042
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.056
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.014	--
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.014	--
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.014	0.009
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.014	0.002
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.014	0.000
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.014	0.003
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.014	0.003

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.014	0.049
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.013	0.001
21416	POPEYES, Coleslaw	120.0	1.0 package	0.013	0.001
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.013	0.000
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.013	0.089
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.013	0.005
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	--	0.013
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.013	0.004
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.013	0.040
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.013	0.000
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.013	0.018
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	--	0.013
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.013	0.014
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.013	--
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.013	--
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.013	--
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.012	0.002
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	--	0.012
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	--	0.012
15128	Fish, tuna salad	85.0	3.0 oz	0.012	0.047
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.012	0.000
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.012	0.012
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.012	0.002
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012	0.023
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.012	0.046
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.012	0.021
21127	Fast foods, coleslaw	191.0	1.0 cup	0.011	0.002
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.011	0.000
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	--	0.011
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.011	0.009
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	0.034

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.011	0.002
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	0.023
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.011	0.002
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.011	0.008
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	0.055
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.011	0.002
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	0.044
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.011	0.000
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.011	0.004
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.011	0.039
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.011	0.039
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.011	0.000
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.011	0.019
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.011	0.003
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.011	0.002
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.011	0.002
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	0.011	0.000
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.010	0.000
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.010	0.004
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.010	0.004
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.010	0.004
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.010	0.003
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.010	0.001
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.010	0.004
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.010	0.004
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.010	0.008
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.010	0.000
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.010	0.005
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.010	0.000
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.010	0.004

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.010	0.005
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.010	0.000
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.010	0.001
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.010	0.001
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.010	0.020
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.010	0.004
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.010	0.000
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.010	0.004
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.010	0.000
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	0.010	0.000
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.010	0.026
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.010	0.038
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.014
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.009	0.000
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.009	0.000
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.009	--
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.009	0.001
05158	Quail, meat only, raw	92.0	1.0 quail	0.009	0.000
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.009	0.005
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.009	0.006
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.009	0.006
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.027
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.009	0.026
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.009	0.006
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.031
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.013
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.018
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.009	0.002
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.009	0.017

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.009	0.043
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.009	0.000
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.008	0.017
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.008	0.017
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.008	0.026
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008	0.000
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.008	0.034
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.008	0.026
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.008	0.026
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.008	0.013
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.008	0.026
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.008	0.026
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	--	0.008
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.008	0.042
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.008	0.042
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.008	0.026
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.008	0.017
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.008	0.026
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.008	0.034
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.008	0.017
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	--	0.008
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.008	0.026
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.008	0.034
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	--	0.008
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.008	0.000
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.008	0.042
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.008	0.026
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.008	0.026
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.008	0.034
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.008	0.034
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.008	0.042
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.008	0.026
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.008	0.026
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.008	0.034

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008	0.000
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.008	0.017
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.008	0.060
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.008	0.026
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.008	0.028
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008	0.017
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.008	0.007
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.008	0.007
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.008	0.007
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.008	0.000
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.008	0.081
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	--	0.008
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.008	0.000
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.008	0.000
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.008	0.056
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	--	0.008
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008	0.024
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.008	0.002
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.008	0.002
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.008	0.008
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.008	0.002
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008	0.023
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.008	0.000
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.008	0.000
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.008	0.014
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.008	--
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008	0.000
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.008	0.031
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.008	0.000
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.008	0.002
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.008	0.002
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.008	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.007	0.000
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.007	0.000
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.007	0.002
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.007	0.002
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.007	0.001
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.007	0.001
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.007	0.000
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.007	0.035
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.007	0.021
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.024
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.007	--
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.007	0.000
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.007	--
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.007	--
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.007	--
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.007	0.026
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.007	0.004
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.007	0.002
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.014
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.007	0.052
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.007	0.010
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.007	0.001
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.007	0.003
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.007	0.004
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.007	0.014
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.007	0.000
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.007	0.001
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.007	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.034
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.007	0.000
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.010
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.007	0.000
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.007	0.009
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.006	0.032
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.006	0.000
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.006	0.000
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.006	0.000
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.006	0.003
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.019
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.006	0.002
80200	Frog legs, raw	45.0	1.0 leg	0.006	0.009
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.019
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.006	0.000
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.006	0.004
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.006	0.010
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.018
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.018
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	--	0.006
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.006	0.100
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.006	0.009
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.006	--
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.006	--
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.006	--
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.006	--
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.006	--

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.006	--
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.006	--
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.006	0.007
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.006	--
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.006	0.004
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.006	0.008
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.006	0.000
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.006	0.001
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.006	0.001
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.006	0.000
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.006	0.000
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	--	0.006
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	--	0.006
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.028
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	--	0.006
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.005	0.001
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.005	0.003
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.005	0.000
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.005	0.002
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.005	0.004
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.005	0.004
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	--	0.005
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.005	0.000
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.018
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.005	0.008
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.016

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.021
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.005	0.009
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.005	0.000
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.005	0.001
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.005	0.088
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.005	0.001
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.005	0.021
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.005	0.001
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	--	0.005
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.005	0.010
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.005	0.002
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.005	0.001
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.005	0.001
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005	0.002
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005	0.002
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.005	0.001
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.005	0.001
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.005	0.001
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.005	0.006
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.005	0.002
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.005	0.001
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.005	0.002
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	--	0.005
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.005	0.000
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.005	0.002
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.005	0.004

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.005	0.004
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.005	0.004
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.005	0.010
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.005	0.004
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.005	0.002
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.005	0.000
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.005	0.000
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.005	0.000
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.005	0.002
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.017
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.005	--
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.005	0.001
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	--	0.005
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.005	0.003
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.005	0.000
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.005	0.000
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.005	0.000
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.005	0.000
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.005	0.000
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.005	0.002
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.005	0.000
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.005	0.001
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.004	0.002
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.004	0.000
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.004	0.001
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.004	0.000
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.004	0.000
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.004	0.002
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.004	0.000
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.004	0.000
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.004	0.021
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.004	0.021
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.004	0.113
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.004	0.001
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.004	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.013
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.004	0.000
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.004	0.009
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.004	0.000
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.004	0.000
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.004	0.003
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.004	0.002
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004	0.002
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	--	0.004
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.004	0.005
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.004	0.001
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004	0.002
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.004	0.005
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.004	0.006
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.004	0.001
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.004	0.002
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.004	0.002
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	--	0.004
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.004	0.003
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	--	0.004
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.004	0.003
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.004	0.001
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.004	0.003
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	--	0.004
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.004	0.003

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.004	0.002
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.004	0.021
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.004	0.001
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.004	0.002
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.004	0.000
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.004	0.005
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.004	0.006
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.004	0.006
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.004	0.006
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.004	0.007
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.004	0.000
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.004	0.002
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	--	0.004
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.004	0.000
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.016
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.004	0.004
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.004	0.145
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.004	0.001
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.004	0.001
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.004	0.002
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.004	0.002
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.004	0.009
05335	Chicken, feet, boiled	28.35	1.0 oz	0.004	0.012
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	--	0.004
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	--	0.004
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.004	0.001
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.004	0.001
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.004	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.004	0.009
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.004	0.006
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.004	0.001
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.004	0.000
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.004	0.024
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.004	0.007
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.004	0.015
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.004	0.001
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.004	0.001
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.004	0.006
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.004	0.005
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.010
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.019
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.004	0.001
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.004	0.015
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.004	0.000
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.004	0.000
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.004	0.000
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.004	0.002
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.004	0.029
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.004	0.001
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.004	0.002
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.004	0.000
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.004	0.000
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.004	0.000
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.004	0.000
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.004	0.004
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.004	0.000
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.004	0.001
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.003	0.001
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.003	0.003
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.003	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.003	0.000
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.003	0.006
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.003	0.001
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.003	0.001
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.003	--
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.003	0.003
43282	Quail, cooked, total edible	28.35	1.0 oz	0.003	0.000
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.003	0.025
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.003	0.002
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.003	0.003
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.003	0.002
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	--	0.003
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.002
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.003	0.005
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.003	0.006
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.003	0.006
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.002
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	--	0.003
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.003	0.006
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.003	0.002
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.001
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.000
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003	0.000
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.002
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.001
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.003	0.002
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.003	0.008
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.003	0.009

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	--	0.003
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003	0.001
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.002
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.001
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.003	0.005
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.003	0.006
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.001
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003	0.001
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.003	0.131
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	--	0.003
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.002
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.002
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	--	0.003
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.003	0.005
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.003	0.006
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.002
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.003	0.005
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	--	0.003
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	--	0.003
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.003	0.005
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.002
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.003	0.013
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	--	0.003
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.002
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003	0.002
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.002
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.003	0.130
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.002

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.001
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.003	0.006
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.002
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.003	0.008
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.003	0.006
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.003	0.010
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.001
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.003	0.011
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.002
05626	Emu, full rump, raw	85.0	3.0 oz	0.003	0.004
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.003	0.009
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.002
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	--	0.003
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.002
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.003	0.009
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.003	0.001
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.001
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.001
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.003	0.010
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.003	0.008
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.003	0.001
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.003	0.000
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.003	0.006
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.003	0.002
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.003	0.000
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.003	0.002
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.003	0.002
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.003	0.002
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	--	0.003
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.003	0.002

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.003	--
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.003	0.120
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.016
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	--	0.003
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.003	0.023
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.003	0.001
05311	Chicken, canned, no broth	28.0	1.0 oz	0.003	0.059
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.003	0.005
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	--	0.003
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.003	0.000
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.003	0.006
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.003	0.006
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.009
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.003	0.010
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.003	0.001
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.003	0.000
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.003	0.000
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	0.003	0.001
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.012
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.012
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.003	0.000
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	--	0.003
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.003	0.000
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	--	0.003
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.003	0.003
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.003	0.000
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	--	0.003
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.003	0.000
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.003	0.004
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.003	0.004
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.003	0.000
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.003	0.005

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.003	0.004
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.003	0.000
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.003	0.004
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.003	0.000
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.003	0.000
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.003	0.020
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.003	0.004
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	--	0.003
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.003	0.005
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.009
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.003	0.000
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.003	0.000
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.001
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.000
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.003	0.001
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.003	0.001
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.001
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.003	0.006
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.001
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.001
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.003	0.001
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.000
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.002
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.003	0.001
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.003	0.001
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.003	0.003

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.001
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.001
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.003	0.001
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.003	0.001
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.002
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.001
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.003	0.001
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.000
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.003	0.001
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003	0.000
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.003	0.001
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.001
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.001
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.003	0.001
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	--	0.003
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.002
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.003	0.001
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.002
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.003	0.001
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.003	0.001
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.003	0.001
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.003	0.001
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.003	0.005
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.001
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.001
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.000
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.000
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.000
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.002
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.000
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.003	0.002
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.003	0.003
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.003	0.005
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.000
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.003	0.001
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.003	0.001
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.003	0.006
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.001
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.000
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.003	0.001
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003	0.001
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.003	0.001
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.003	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.003	0.001
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.001
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.001
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.003	0.006
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.003	0.000
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.003	0.001
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.003	0.001
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.002
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003	0.001
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.001
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.003	0.005
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.003	0.001
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.001
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.003	0.005
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.003	0.001
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.002
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.002
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.003	0.002
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.003	0.001
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.003	0.001
07024	Frankfurter, chicken	85.0	3.0 oz	--	0.003
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.003	0.001
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.001
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.003	0.001
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.003	0.001
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.000
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003	0.002
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003	0.001
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.003	0.001
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003	0.000
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.001
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003	0.001
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.003	0.002
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003	0.000
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.003	0.001
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.003	0.001
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.003	0.002
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.003	0.001
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	--	0.003
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	--	0.003
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.003	0.026
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.003	0.026
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.003	0.000
11656	Corn pudding, home prepared	250.0	1.0 cup	0.002	0.015

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.012
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.002	0.000
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.005
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.002	0.000
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.002	0.000
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.002	0.000
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	--	0.002
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.002	0.000
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.002	0.005
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.002	0.000
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.002	0.000
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.002	0.000
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.002	0.000
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.008
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.002	0.000
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.002	0.000
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.005
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	--	0.002
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.002	0.005
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	--	0.002
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.002	0.005
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	--	0.002
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.002	0.005
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.002	0.003
18344	Rolls, dinner, egg	28.35	1.0 oz	0.002	0.001
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.002	0.003
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.002	0.001
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.002	0.002
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.002	0.003
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.002	0.003
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.002	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.002	0.000
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.004
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	--	0.002
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	--	0.002
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.002	0.000
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.002	0.000
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.002	0.000
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.002	0.008
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.002	0.000
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.002	0.000
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	--	0.002
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.002	0.004
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.002	0.006
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.002	0.004
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.002	0.004
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.002	0.020
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.002	0.002
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	--	0.002
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.002	--
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	--	0.002
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.002	0.002
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.002	--
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.002	0.004
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.002	0.004
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.002	0.000
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.002	0.001
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.002	--
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.002	0.001
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.002	0.004
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.002	--
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.002	0.000
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.002	0.004
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.002	0.001
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.002	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.002	0.004
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.002	0.000
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.002	0.000
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.002	0.001
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.002	0.019
18224	Crackers, rusk toast	14.2	0.5 oz	0.002	0.001
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	--	0.002
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	--	0.002
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.002	0.001
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.002	0.002
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.002	0.004
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	--	0.002
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	--	0.002
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.002	0.005
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.002	0.021
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.002	0.002
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.002	0.000
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.002	0.003
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.002	0.000
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.002	0.024
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.002	0.024
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.002	0.002
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	--	0.002
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.001
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.000
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.001
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.002
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.002
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.000
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.000
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.001
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.002
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.000
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.001
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.002
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.000
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.002	0.001
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.002	0.000
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.000
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.002	0.001
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.002	0.000
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002	0.000
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.001
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.000
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.002	0.000
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.002	0.000
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002	0.000
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.000
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.001
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.001
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002	0.000
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.002	0.001
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.001
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.002	0.000
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.000
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.002	0.001
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.000
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.001
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.000
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.001
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.002	0.005
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.001
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.002	0.003
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.001
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.001
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.002	0.001
05628	Emu, inside drum, raw	85.0	3.0 oz	0.002	0.004
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.000
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.002	0.001
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.000
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.000
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.002
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.000
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.000
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.002	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.002	0.000
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.002	0.003
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.002	0.001
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.002	0.001
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.002	0.000
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.002	0.000
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.002	0.000
17142	Veal, ground, raw	85.0	3.0 oz	0.002	0.000
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.002
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.002	0.001
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.002	0.005
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.000
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.002	0.008
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002	0.000
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.001
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.000
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.002	0.006
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002	0.000
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.000
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.002	0.005
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.002	0.000
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.001
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.002
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.002
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.002	0.001
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.002	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.001
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.002	0.001
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.002	0.000
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.002	0.000
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.000
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.002	0.003
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.001
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.002	0.001
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.002	0.003
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.002	0.000
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002	0.001
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002	0.000
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.000
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.002	0.003
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.002	0.000
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.002	0.000
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.001
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	--	0.002
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.002	0.001
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.001
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.001
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.002	0.001
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.002	0.000
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.002	0.000
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002	0.000
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.001
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002	0.000
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.002	0.000
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.002	0.001
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.002	0.000
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.002	0.000
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002	0.001
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.002	0.004
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002	0.001
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.002	0.001
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.002	0.005
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	--	0.002
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.002	0.003
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.002	0.000
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.002	0.000
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.002	0.003
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.002	0.000
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.002	0.000
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.002	0.003
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.005
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.002	0.000
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.002	0.011
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.002	0.000
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.002	0.006
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.002	0.000
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.002	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.002	0.002
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.002	0.021
01017	Cheese, cream	14.5	1.0 tbsp	0.001	0.000
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.001	0.000
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.001	0.000
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.001	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.001	0.001
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.001	0.000
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.001	0.000
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.001	0.002
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.001	0.004
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.001	0.000
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.001	0.010
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.001	0.000
01238	Ice cream sandwich	70.0	1.0 serving	0.001	0.001
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.001	0.000
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.001	0.002
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.001	0.003
11658	Spinach souffle	136.0	1.0 cup	0.001	0.010
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.001	0.000
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.001	0.000
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.001	0.000
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.001	0.002
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.001	0.002
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	--	0.001
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.001	0.000
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.001	0.006
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.001	0.000
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.001	0.000
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	--	0.001
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.001	0.003
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.001	0.003
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.001	0.000
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	0.001	0.003

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.001	0.000
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.001	0.000
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.001	0.000
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.001	0.002
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.001	0.000
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.001	0.000
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.001	0.000
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.001	0.000
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.001	0.000
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.001	0.002
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001	0.005
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.001	0.002
07007	Bologna, beef	30.0	1.0 slice	0.001	0.000
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.001	0.002
09446	Plantains, green, fried	118.0	1.0 cup	0.001	0.004
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.001	0.002
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.001	0.000
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.001	0.002
18064	Bread, wheat	29.0	1.0 slice	0.001	0.000
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.001	0.000
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.001	0.000
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.001	0.000
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	--	0.001
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.001	0.003
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.001	0.000
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.001	0.000
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.001	0.000
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.001	0.000
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.001	0.010
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.001	0.000
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.001	0.010

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.001	0.001
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.001	0.002
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.001	0.000
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.001	0.001
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.001	0.002
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.001	0.004
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001	0.004
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.001	0.004
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	--	0.001
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	--	0.001
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.001	0.000
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.001	0.004
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001	0.004
07971	Bologna, meat and poultry	33.0	1.0 slice	0.001	0.002
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.001	0.003
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.001	0.000
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.001	0.000
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.001	0.000
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.001	0.000
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.001	0.000
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.001	0.000
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.001	0.000
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.001	0.000
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.001	0.000
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.001	0.000
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.001	0.000
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.001	0.001
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.001	0.000
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.001	0.000
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.001	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.001	0.003
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.001	0.002
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	--	0.001
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.001	0.000
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.001	0.000
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.001	0.000
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.001	0.000
18239	Croissants, butter	28.35	1.0 oz	0.001	0.001
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.001	0.000
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.001	0.000
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.001	0.000
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.001	0.000
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.001	0.000
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.001	0.001
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.001	0.000
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.001	0.000
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.001	0.000
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.001	0.000
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.001	0.002
10130	Canadian bacon, unprepared	85.0	3.0 oz	--	0.001
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.000
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.000
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.002
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.000
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.001
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.001	0.000
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.001
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.000
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.001	0.000
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.001	0.000
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.001	0.000
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.000
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.000
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.001	0.000
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.000
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.000
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.001	0.000
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	--	0.001
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.001
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	--	0.001
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.001
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.001
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.000
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.001	0.000
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.001	0.000
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.001
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.002
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.001	0.000
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001	0.000
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.000
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.001
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.000
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.001	0.000
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.001	0.000
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.001	0.002
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.001	0.000
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.001
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.001	0.002
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.000
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.001	0.000
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.001	0.000
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.001	0.002
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.001	0.000
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001	0.000
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.001
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.001
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.001	0.000
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001	0.000
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.000
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.001	0.000
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.001	0.000
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.001	0.002
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001	0.000
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001	0.000
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.001
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.001	0.000
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.001	0.004
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.001	0.001
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.001	0.004
18967	Bread, white wheat	28.0	1.0 slice	0.001	0.000
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.001	0.000
01239	Ice cream cookie sandwich	82.0	1.0 serving	--	0.001
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.001	0.000
01225	Dulce de Leche	19.0	1.0 tbsp	0.001	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.001	0.001
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.001	0.003
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.001	0.000
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.001	0.000
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.001	0.000
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001	0.004
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.001	0.000
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.001	0.000
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.001	0.000
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.001	0.002
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.001	0.000
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.001	0.000
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.001	0.004
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.001	0.000
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.001	0.002
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.001	0.000
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.001	0.000
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.001	0.004
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.001	0.000
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.001	0.000
27064	Wasabi	20.0	1.0 tablespoon	0.001	0.000
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.001	0.000
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.001	0.000
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.001	0.000
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.001	0.001
18241	Croissants, cheese	28.35	1.0 oz	--	0.001
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.001	0.000
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.001	0.005
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.001	0.000
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.001	0.000
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.001	0.000
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.001	0.000
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	--	0.001
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.001	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	--	0.001
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.001	0.000
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.001	0.000
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.001	0.000
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.001	0.000
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.001	0.000
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.001	0.001
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.001	0.000
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.001	0.001
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.001	0.000
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.000	0.001
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.000	0.000
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.000	0.000
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.000	0.000
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.000	0.001
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.000	0.001
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.000	0.001
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.000	0.001
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.000	0.001
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.000	0.000
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.000	0.001
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.000	0.000
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.000	0.000
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.000	0.000
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.000	0.001
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.000	0.001
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.000	0.000
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.000	0.000
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.000	0.001
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.000	0.000
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.000	0.002
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.000	0.002
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.000	0.000
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.000	0.000
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.000	0.002
18103	Coffeecake, cheese	28.35	1.0 oz	0.000	0.002

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.000	0.000
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.000	0.000
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.000	0.002
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.000	0.003
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.000	0.001
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.000	0.000
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.000	0.002
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.000	0.002
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	--	0.000
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.000	0.000
18027	Bread, egg	28.35	1.0 oz	0.000	0.003
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.000	0.003
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.000	0.002
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.000	0.002
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.000	0.003
18191	Cookies, raisin, soft-type	28.35	1.0 oz	--	0.000
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.000	0.002
18355	Sweet rolls, cheese	28.35	1.0 oz	0.000	0.002
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.000	0.002
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.000	0.001
18240	Croissants, apple	28.35	1.0 oz	0.000	0.001
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.000	0.001
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.000	0.004
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.000	0.000
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.000	0.000
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.000	0.000
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.000	0.002
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.000	0.000
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	--	0.000
02011	Spices, cloves, ground	2.1	1.0 tsp	0.000	0.000
27066	Sauce, horseradish	5.6	1.0 tsp	0.000	0.000
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.000	0.000
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.000	0.001
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.000	0.000
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.000	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.000	0.000
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.000	0.001
18214	Crackers, cheese, regular	14.2	0.5 oz	0.000	0.000
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.000	0.001
18218	Crackers, matzo, egg	14.2	0.5 oz	0.000	0.001
18223	Crackers, milk	14.2	0.5 oz	--	0.000
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.000	0.001
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.000	0.000
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.000	0.000
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.000	0.000
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	--	0.000
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	--	0.000
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	--	0.000
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	--	0.000
19163	Chewing gum	3.0	1.0 stick	--	0.000
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	--	0.000
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	--	0.000
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	--	0.000
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	--	0.000
09436	Mango nectar, canned	251.0	1.0 cup	--	0.000
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	--	0.000
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	--	0.000
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	--	0.000
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.000	0.001
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	--	0.000
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	--	0.000
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	--	0.000
01004	Cheese, blue	28.35	1.0 oz	--	0.000
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
12071	Nuts, almond paste	28.35	1.0 oz	--	0.000
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	--	0.000
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	--	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	--	0.000
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	--	0.000
17164	Game meat, deer, raw	28.35	1.0 oz	--	0.000
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	--	0.000
25059	Snacks, brown rice chips	9.0	1.0 cake	--	0.000
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	--	0.000
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	--	0.000
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	--	0.000
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	--	0.000
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	--	0.000
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	--	0.000
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
20030	Hominy, canned, white	165.0	1.0 cup	--	0.000
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	--	0.000
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	--	0.000
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	--	0.000
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	--	0.000
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	--	0.000
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	--	0.000
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	--	0.000
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	--	0.000
09176	Mangos, raw	165.0	1.0 cup pieces	--	0.000
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	--	0.000
06959	Gravy, instant turkey, dry	6.7	1.0 serving	--	0.000
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	--	0.000
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.000	0.003
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	--	0.000
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	--	0.000
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	--	0.000
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	--	0.000
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	--	0.000
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	--	0.000
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.000	0.001
01057	Eggnog	254.0	1.0 cup	--	0.000
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	--	0.000
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	--	0.000
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	--	0.000
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	--	0.000
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	--	0.000
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	--	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	--	0.000
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	--	0.000
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	--	0.000
11959	Arugula, raw	2.0	1.0 leaf	--	0.000
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	--	0.000
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	--	0.000
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	--	0.000
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	--	0.000
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	--	0.000
01173	Egg, white, dried	28.0	1.0 oz	--	0.000
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	--	0.000
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	--	0.000
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	--	0.000
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	--	0.000
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	--	0.000
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	--	0.000
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.000	0.005
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	--	0.000
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	--	0.000
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	--	0.000
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
02007	Spices, celery seed	2.0	1.0 tsp	--	0.000
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	--	0.000
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	--	0.000
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	--	0.000
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	--	0.000
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	--	0.000
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	--	0.000
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	--	0.000
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	--	0.000
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	--	0.000
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	--	0.000
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	--	0.000
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	--	0.000
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	--	0.000
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	--	0.000
20130	Barley flour or meal	148.0	1.0 cup	--	0.000
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0.000	0.027
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	--	0.000
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.000	0.001
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	--	0.000
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	--	0.000
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	--	0.000
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	--	0.000
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	--	0.000
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	--	0.000
01020	Cheese, fontina	132.0	1.0 cup, diced	--	0.000
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	--	0.000
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	--	0.000
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	--	0.000
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	--	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	--	0.000
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	--	0.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	--	0.000
36036	Restaurant, family style, onion rings	259.0	1.0 serving	--	0.000
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	--	0.000
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	--	0.000
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	--	0.000
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.000	0.037
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.000	0.005
07954	Beef sausage, pre-cooked	48.0	1.0 serving	--	0.000
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	--	0.000
20062	Rye grain	169.0	1.0 cup	--	0.000
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	--	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	--	0.000
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	--	0.000
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	--	0.000
18216	Crackers, crispbread, rye	14.2	0.5 oz	--	0.000
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	--	0.000
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	--	0.000
42136	Cream substitute, powdered, light	94.0	1.0 cup	--	0.000
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	--	0.000
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	--	0.000
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	--	0.000
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	--	0.000
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	--	0.000
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	--	0.000
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	--	0.000
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	--	0.000
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	--	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	--	0.000
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	--	0.000
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	--	0.000
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	--	0.000
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	--	0.000
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	--	0.000
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	--	0.000
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	--	0.000
09326	Watermelon, raw	154.0	1.0 cup, balls	--	0.000
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	--	0.000
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	--	0.000
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	--	0.000
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	--	0.000
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	--	0.000
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	--	0.000
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	--	0.000
11430	Radishes, oriental, raw	116.0	1.0 cup slices	--	0.000
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	--	0.000
18459	Breakfast tart, low fat	52.0	1.0 tart	--	0.000
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	--	0.000
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	--	0.000
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	--	0.000
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	--	0.000
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	--	0.000
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	--	0.000
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	--	0.000
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	--	0.000
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	--	0.000
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.000	0.004
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	--	0.000
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	--	0.000
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	--	0.000
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	--	0.000
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	--	0.000
20006	Barley, pearled, cooked	157.0	1.0 cup	--	0.000
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	--	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	--	0.000
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	--	0.000
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	--	0.000
18177	Cookies, molasses	28.35	1.0 oz	--	0.000
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	--	0.000
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	--	0.000
36610	DENNY'S, french fries	165.0	1.0 serving	--	0.000
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	--	0.000
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	--	0.000
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	--	0.000
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	--	0.000
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.000	0.003
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	--	0.000
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	--	0.000
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	--	0.000
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	--	0.000
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	--	0.000
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	--	0.000
09279	Plums, raw	165.0	1.0 cup, sliced	--	0.000
01038	Cheese, romano	28.35	1.0 oz	--	0.000
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	--	0.000
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	--	0.000
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	--	0.000
07056	Peppered loaf, pork, beef	100.0	3.52 slices	--	0.000
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	--	0.000
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	--	0.000
19524	Snacks, taro chips	28.35	1.0 oz	--	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	--	0.000
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	--	0.000
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	--	0.000
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	--	0.000
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	--	0.000
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	--	0.000
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	--	0.000
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	--	0.000
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	--	0.000
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.000	0.003
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	--	0.000
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	--	0.000
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	--	0.000
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	--	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	--	0.000
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	--	0.000
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	--	0.000
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	--	0.000
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	--	0.000
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	--	0.000
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	--	0.000
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	--	0.000
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	--	0.000
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	--	0.000
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	--	0.000
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	--	0.000
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	--	0.000
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	--	0.000
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	--	0.000
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	--	0.000
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	--	0.000
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	--	0.000
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.000	0.001
19353	Syrups, maple	20.0	1.0 tbsp	--	0.000
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	--	0.000
04047	Oil, coconut	13.6	1.0 tbsp	--	0.000
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	--	0.000
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	--	0.000
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	--	0.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	--	0.000
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	--	0.000
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	--	0.000
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	--	0.000
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	--	0.000
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
06167	Sauce, homemade, white, thick	250.0	1.0 cup	--	0.000
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	--	0.000
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	--	0.000
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	--	0.000
11090	Broccoli, raw	91.0	1.0 cup chopped	--	0.000
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	--	0.000
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	--	0.000
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	--	0.000
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	--	0.000
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	--	0.000
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	--	0.000
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	--	0.000
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	--	0.000
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	--	0.000
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.000	0.003
11240	Mushrooms, morel, raw	66.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	--	0.000
19116	Candies, marshmallows	50.0	1.0 cup of miniature	--	0.000
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.000	0.007
02047	Salt, table	6.0	1.0 tsp	--	0.000
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	--	0.000
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.000	0.000
09298	Raisins, seedless	165.0	1.0 cup, packed	--	0.000
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	--	0.000
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	--	0.000
16129	Tofu, fried	28.35	1.0 oz	--	0.000
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	--	0.000
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	--	0.000
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	--	0.000
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	--	0.000
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	--	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	--	0.000
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	--	0.000
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	--	0.000
11954	Tomatillos, raw	34.0	1.0 medium	--	0.000
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.000	0.001
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	--	0.000
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	--	0.000
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	--	0.000
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	--	0.000
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	0.001
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	--	0.000
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	--	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
18025	Bread, cracked-wheat	28.35	1.0 oz	--	0.000
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	--	0.000
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	--	0.000
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	--	0.000
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	--	0.000
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	--	0.000
21420	KFC, Coleslaw	112.0	1.0 package	--	0.000
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	--	0.000
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.000	0.002
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	--	0.000
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	--	0.000
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	--	0.000
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	--	0.000
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	--	0.000
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	--	0.000
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	--	0.000
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	--	0.000
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	--	0.000
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	--	0.000
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.000	0.411
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	--	0.000
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	--	0.000
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	--	0.000
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	--	0.000
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	--	0.000
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	--	0.000
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.000
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	--	0.000
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	--	0.000
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	--	0.000
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.000	0.005
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	--	0.000
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.000	0.013
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	--	0.000
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	--	0.000
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	--	0.000
08510	Milk and cereal bar	25.0	1.0 bar	--	0.000
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	--	0.000
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	--	0.000
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	--	0.000
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	--	0.000
07031	Ham salad spread	15.0	1.0 tbsp	--	0.000
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	--	0.000
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	--	0.000
19400	Snacks, banana chips	28.35	1.0 oz	--	0.000
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	--	0.000
21142	Fast food, biscuit	55.0	1.0 biscuit	--	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	--	0.000
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	--	0.000
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	--	0.000
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	--	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.000	0.001
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	--	0.000
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	--	0.000
43274	Cheese, cream, low fat	15.0	1.0 tbsp	--	0.000
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	--	0.000
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	--	0.000
01124	Egg, white, raw, fresh	33.0	1.0 large	--	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	--	0.000
07951	Scrapple, pork	17.0	1.0 cubic inch	--	0.000
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.000	0.241
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	--	0.000
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	--	0.000
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	--	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	--	0.000
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	--	0.000
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	--	0.000
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	--	0.000
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	--	0.000
09206	Orange juice, raw	248.0	1.0 cup	--	0.000
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	--	0.000
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	--	0.000
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	--	0.000
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	--	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	--	0.000
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	--	0.000
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	--	0.000
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	--	0.000
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	--	0.000
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	--	0.000
19137	Toppings, strawberry	42.0	2.0 tbsp	--	0.000
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	--	0.000
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	--	0.000
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	--	0.000
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	--	0.000
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	--	0.000
16172	Refried beans, canned, fat-free	231.0	1.0 cup	--	0.000
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	--	0.000
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.000	0.003
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	--	0.000
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	--	0.000
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	--	0.000
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	--	0.000
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.000	0.001
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	--	0.000
11981	Peppers, hungarian, raw	27.0	1.0 pepper	--	0.000
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
19312	Pie fillings, apple, canned	74.0	0.125 can	--	0.000
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	--	0.000
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	--	0.000
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	0.001
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	--	0.000
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	--	0.000
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	--	0.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	--	0.000
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	--	0.000
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	--	0.000
06118	Gravy, brown, dry	6.0	1.0 tbsp	--	0.000
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	--	0.000
02024	Spices, mustard seed, ground	2.0	1.0 tsp	--	0.000
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	--	0.000
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	--	0.000
04609	Animal fat, bacon grease	4.3	1.0 tsp	--	0.000
10158	USDA Commodity, pork, canned	85.0	3.0 oz	--	0.000
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	--	0.000
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	--	0.000
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	--	0.000
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	--	0.000
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	--	0.000
09139	Guavas, common, raw	165.0	1.0 cup	--	0.000
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	--	0.000
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	--	0.000
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	--	0.000
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	--	0.000
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	--	0.000
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	--	0.000
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	--	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	--	0.000
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	--	0.000
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	--	0.000
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	--	0.000
01035	Cheese, provolone	132.0	1.0 cup, diced	--	0.000
16104	Bacon, meatless	144.0	1.0 cup	--	0.000
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.000	0.005
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	--	0.000
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	--	0.000
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	--	0.000
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	--	0.000
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	--	0.000
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	--	0.000
04534	Oil, babassu	13.6	1.0 tbsp	--	0.000
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	--	0.000
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	--	0.000
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	--	0.000
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	--	0.000
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	--	0.000
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	--	0.000
09085	Currants, zante, dried	144.0	1.0 cup	--	0.000
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	--	0.000
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.000	0.003
01144	Egg substitute, powder	9.9	0.35 oz	--	0.000
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	--	0.000
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
14287	Beverages, Lemonade, powder	18.0	1.0 serving	--	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	--	0.000
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	--	0.000
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	--	0.000
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	--	0.000
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	--	0.000
19036	Snacks, popcorn, cakes	10.0	1.0 cake	--	0.000
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	--	0.000
42161	Bologna, beef, low fat	28.0	1.0 slice	--	0.000
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	--	0.000
09226	Papayas, raw	145.0	1.0 cup 1" pieces	--	0.000
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	--	0.000
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	--	0.000
07008	Bologna, beef and pork	100.0	3.527 oz	--	0.000
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	--	0.000
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	--	0.000
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	--	0.000
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	--	0.000
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	--	0.000
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	--	0.000
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	--	0.000
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	--	0.000
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	--	0.000
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	--	0.000
20087	Wheat, sprouted	108.0	1.0 cup	--	0.000
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	--	0.000
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	--	0.000
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	--	0.000
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.000	0.001
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	--	0.000
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	--	0.000
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	--	0.000
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	--	0.000
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	--	0.000
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	--	0.000
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	--	0.000
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	--	0.000
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	--	0.000
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	--	0.000
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	--	0.000
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	--	0.000
11457	Spinach, raw	30.0	1.0 cup	--	0.000
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.000	0.001
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	--	0.000
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	--	0.000
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	--	0.000
09163	Blueberries, dried, sweetened	40.0	0.25 cup	--	0.000
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.000	0.001
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	--	0.000
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	--	0.000
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.000	0.003
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	--	0.000
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	--	0.000
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	--	0.000
18283	Muffins, oat bran	28.35	1.0 oz	--	0.000
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	--	0.000
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.000	0.007
02043	Spices, turmeric, ground	3.0	1.0 tsp	--	0.000
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	--	0.000
42316	Babyfood, carrots, toddler	28.35	1.0 oz	--	0.000
09294	Prune juice, canned	256.0	1.0 cup	--	0.000
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.000	0.001
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	--	0.000
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	--	0.000
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.000	0.031
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	--	0.000
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.000	0.005
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	--	0.000
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	--	0.000
11949	Catsup, low sodium	17.0	1.0 tbsp	--	0.000
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.000	0.003
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	--	0.000
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	--	0.000
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	--	0.000
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	--	0.000
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	--	0.000
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	--	0.000
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	--	0.000
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	--	0.000
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	--	0.000
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	--	0.000
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	--	0.000
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	--	0.000
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	--	0.000
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	--	0.000
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	--	0.000
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	--	0.000
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	--	0.000
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	--	0.000
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	--	0.000
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	--	0.000
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	--	0.000
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	--	0.000
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	--	0.000
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.000	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
07025	Frankfurter, turkey	28.35	1.0 oz	--	0.000
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	--	0.000
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	--	0.000
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	--	0.000
14073	Beverages, ZEVIA, cola	355.0	1.0 can	--	0.000
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	--	0.000
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	--	0.000
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	--	0.000
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	--	0.000
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	--	0.000
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	--	0.000
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	--	0.000
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.000	0.003
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	--	0.000
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.000	0.001
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	--	0.000
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	--	0.000
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	--	0.000
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	--	0.000
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	--	0.000
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	--	0.000
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	--	0.000
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	--	0.000
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	--	0.000
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	--	0.000
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	--	0.000
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	--	0.000
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	--	0.000
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.000	0.001
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	--	0.000
36030	DENNY'S, hash browns	124.0	1.0 serving	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	--	0.000
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	--	0.000
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	--	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	--	0.000
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	--	0.000
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	--	0.000
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	--	0.000
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	--	0.000
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	--	0.000
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	--	0.000
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	--	0.000
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	--	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	--	0.000
11109	Cabbage, raw	89.0	1.0 cup, chopped	--	0.000
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	--	0.000
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	--	0.000
18971	Bread, potato	32.0	1.0 slice	--	0.000
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	--	0.000
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	--	0.000
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	--	0.000
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	--	0.000
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	--	0.000
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	--	0.000
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	--	0.000
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	--	0.000
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	--	0.000
04002	Lard	12.8	1.0 tbsp	--	0.000
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	--	0.000
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	--	0.000
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	--	0.000
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	--	0.000
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	--	0.000
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	--	0.000
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.000	0.003
01074	Sour cream, imitation, cultured	28.35	1.0 oz	--	0.000
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	--	0.000
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	--	0.000
28351	Cookies, Marie biscuit	28.0	5.0 cookie	--	0.000
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	--	0.000
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	--	0.000
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	--	0.000
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	--	0.000
11978	Peppers, ancho, dried	17.0	1.0 pepper	--	0.000
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.000	0.001
19303	Marmalade, orange	20.0	1.0 tbsp	--	0.000
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	--	0.000
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	--	0.000
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	--	0.000
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	--	0.000
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	--	0.000
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	--	0.000
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	--	0.000
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	--	0.000
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	--	0.000
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.000	0.024
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	--	0.000
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.000	0.002
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	--	0.000
11601	Yam, raw	150.0	1.0 cup, cubes	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	--	0.000
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	--	0.000
02021	Spices, ginger, ground	1.8	1.0 tsp	--	0.000
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	--	0.000
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	--	0.000
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	--	0.000
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	--	0.000
18171	Cookies, fortune	28.35	1.0 oz	0.000	0.000
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	--	0.000
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	--	0.000
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	--	0.000
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	--	0.000
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	--	0.000
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	--	0.000
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	--	0.000
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.000	0.004
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	--	0.000
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	--	0.000
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.000	0.004
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	--	0.000
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	--	0.000
18265	English muffins, wheat, toasted	28.35	1.0 oz	--	0.000
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	--	0.000
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	--	0.000
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	--	0.000
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	--	0.000
01032	Cheese, parmesan, grated	100.0	1.0 cup	--	0.000
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	--	0.000
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	--	0.000
07050	Mortadella, beef, pork	28.35	1.0 oz	--	0.000
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	--	0.000
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	--	0.000
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.000	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	--	0.000
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	--	0.000
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	--	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	--	0.000
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.000	0.005
09079	Cranberries, dried, sweetened	40.0	0.25 cup	--	0.000
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	--	0.000
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	--	0.000
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	--	0.000
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	--	0.000
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	--	0.000
20077	Wheat bran, crude	58.0	1.0 cup	--	0.000
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	--	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	--	0.000
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	--	0.000
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	--	0.000
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	--	0.000
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	--	0.000
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	--	0.000
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	--	0.000
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	--	0.000
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	--	0.000
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	--	0.000
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	--	0.000
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	--	0.000
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	--	0.000
07005	Blood sausage	100.0	4.0 slices	--	0.000
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	--	0.000
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	--	0.000
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	--	0.000
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11282	Onions, raw	160.0	1.0 cup, chopped	--	0.000
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	--	0.000
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	--	0.000
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	--	0.000
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	--	0.000
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	--	0.000
43135	Sandwich spread, meatless	15.0	1.0 tbsp	--	0.000
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	--	0.000
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	--	0.000
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	--	0.000
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	--	0.000
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	--	0.000
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	--	0.000
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	--	0.000
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	--	0.000
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000	0.053
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.000
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	--	0.000
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	--	0.000
19349	Syrups, corn, dark	328.0	1.0 cup	--	0.000
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	--	0.000
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	--	0.000
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	--	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	--	0.000
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	--	0.000
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
11285	Onions, canned, solids and liquids	63.0	1.0 onion	--	0.000
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	--	0.000
18066	Bread, wheat bran	28.35	1.0 oz	--	0.000
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	--	0.000
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	--	0.000
36014	Restaurant, family style, french fries	170.0	1.0 serving	--	0.000
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	--	0.000
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	--	0.000
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	--	0.000
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	--	0.000
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
19108	Candies, jellybeans	11.0	10.0 small	--	0.000
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	--	0.000
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	--	0.000
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.000	0.006
02038	Spices, sage, ground	0.7	1.0 tsp	--	0.000
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	--	0.000
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	--	0.000
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	--	0.000
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	--	0.000
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	--	0.000
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	--	0.000
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	--	0.000
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	--	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	--	0.000
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	--	0.000
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	--	0.000
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	--	0.000
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	--	0.000
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	--	0.000
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	--	0.000
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	--	0.000
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	--	0.000
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	--	0.000
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	--	0.000
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	--	0.000
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	--	0.000
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	--	0.000
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	--	0.000
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.000	0.000
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	--	0.000
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	--	0.000
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	--	0.000
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	--	0.000
19858	Candies, sugar-coated almonds	3.5	1.0 piece	--	0.000
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	--	0.000
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	--	0.000
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	--	0.000
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	--	0.000
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.000	0.000
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	--	0.000
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	--	0.000
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	--	0.000
14066	Beverages, Protein powder whey based	32.0	0.33 cup	--	0.000
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	--	0.000
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	--	0.000
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	--	0.000
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	--	0.000
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.000	0.001
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	--	0.000
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	--	0.000
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.000	0.003
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	--	0.000
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	--	0.000
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	--	0.000
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.000	0.002
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	--	0.000
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	--	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	--	0.000
01011	Cheese, colby	132.0	1.0 cup, diced	--	0.000
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	--	0.000
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	--	0.000
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.000	0.002
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	--	0.000
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	--	0.000
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	--	0.000
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	--	0.000
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	--	0.000
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	--	0.000
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	--	0.000
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	--	0.000
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	--	0.000
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	--	0.000
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	--	0.000
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.000	0.006
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	--	0.000
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	--	0.000
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	--	0.000
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	--	0.000
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.000	0.011
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	--	0.000
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	--	0.000
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.000	0.003
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	--	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	--	0.000
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	--	0.000
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	--	0.000
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.000	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18968	Bagels, wheat	98.0	1.0 bagel	--	0.000
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	--	0.000
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	--	0.000
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	--	0.000
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	--	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	0.002
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	--	0.000
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.000	1.088
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	--	0.000
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	--	0.000
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	--	0.000
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.000	0.075
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	--	0.000
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	--	0.000
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	--	0.000
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	--	0.000
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	--	0.000
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	--	0.000
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	--	0.000
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	--	0.000
09315	Soursop, raw	225.0	1.0 cup, pulp	--	0.000
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	--	0.000
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	--	0.000
16157	Chickpea flour (besan)	92.0	1.0 cup	--	0.000
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	--	0.000
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	--	0.000
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	--	0.000
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	--	0.000
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	--	0.000
21249	BURGER KING, french fries	74.0	1.0 small serving	--	0.000
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	--	0.000
11974	Grape leaves, raw	14.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.000	0.001
19297	Jams and preserves	20.0	1.0 tbsp	--	0.000
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	--	0.000
43408	Babyfood, juice, pear	31.2	1.0 fl oz	--	0.000
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	0.001
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	--	0.000
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
18039	Bread, oatmeal	28.35	1.0 oz	--	0.000
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	--	0.000
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.000	0.001
09004	Apples, raw, without skin	110.0	1.0 cup slices	--	0.000
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	--	0.000
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	--	0.000
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.007
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	--	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	--	0.000
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	--	0.000
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	--	0.000
02015	Spices, curry powder	2.0	1.0 tsp	--	0.000
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	--	0.000
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	--	0.000
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	--	0.000
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	--	0.000
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	--	0.000
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	--	0.000
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	--	0.000
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	--	0.000
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	--	0.000
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	--	0.000
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	--	0.000
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	--	0.000
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	--	0.000
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	--	0.000
20137	Quinoa, cooked	185.0	1.0 cup	0.000	0.028
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.000	0.007
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	--	0.000
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	--	0.000
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	--	0.000
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	--	0.000
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	--	0.000
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	--	0.000
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	--	0.000
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	--	0.000
16091	Peanuts, spanish, raw	146.0	1.0 cup	--	0.000
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	--	0.000
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	--	0.000
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	--	0.000
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	--	0.000
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	--	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	--	0.000
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	--	0.000
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	--	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	--	0.000
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	--	0.000
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	--	0.000
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.000	0.006
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	--	0.000
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	--	0.000
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	--	0.000
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	--	0.000
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
20072	Wheat, hard red winter	192.0	1.0 cup	--	0.000
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	--	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	--	0.000
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	--	0.000
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	--	0.000
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	--	0.000
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	--	0.000
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	--	0.000
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	--	0.000
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	--	0.000
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	--	0.000
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	--	0.000
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	--	0.000
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	--	0.000
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	--	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	--	0.000
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	--	0.000
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	--	0.000
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	--	0.000
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	--	0.000
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	--	0.000
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	--	0.000
18323	Pie, peach	28.35	1.0 oz	--	0.000
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	--	0.000
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	--	0.000
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	--	0.000
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.000	0.023
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	--	0.000
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	--	0.000
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	--	0.000
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	--	0.000
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	--	0.000
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	--	0.000
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	--	0.000
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	--	0.000
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.000	0.005
19340	Sugars, maple	3.0	1.0 tsp	--	0.000
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	--	0.000
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	--	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	--	0.000
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	--	0.000
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	--	0.000
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.000	0.031
18061	Bread, rye, toasted	28.35	1.0 oz	--	0.000
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	--	0.000
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	--	0.000
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	--	0.000
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	--	0.000
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	--	0.000
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	--	0.000
20015	Corn bran, crude	76.0	1.0 cup	--	0.000
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	--	0.000
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	--	0.000
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	--	0.000
11080	Beets, raw	136.0	1.0 cup	--	0.000
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	--	0.000
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	--	0.000
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.000	--
09159	Limes, raw	67.0	1.0 fruit (2" dia)	--	0.000
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	--	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	--	0.000
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	--	0.000
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.000	0.015
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	--	0.000
10898	Pork, pickled pork hocks	117.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	--	0.000
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	--	0.000
09094	Figs, dried, uncooked	149.0	1.0 cup	--	0.000
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	--	0.000
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	--	0.000
01157	Cheese, goat, semisoft type	28.35	1.0 oz	--	0.000
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.000
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	--	0.000
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.000	0.037
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
11549	Tomato products, canned, sauce	245.0	1.0 cup	--	0.000
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	--	0.000
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	--	0.000
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	--	0.000
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	--	0.000
42186	Frozen yogurts, chocolate	174.0	1.0 cup	--	0.000
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.000	0.005
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	--	0.000
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.000	0.001
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	--	0.000
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	--	0.000
07018	Chicken spread	56.0	1.0 serving (1 serving)	--	0.000
28292	Crackers, multigrain	14.0	4.0 crackers	--	0.000
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	--	0.000
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	--	0.000
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	--	0.000
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	--	0.000
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.001
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	--	0.000
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	--	0.000
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.000	0.017
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	--	0.000
43212	Bacon bits, meatless	7.0	1.0 tbsp	--	0.000
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	--	0.000
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	--	0.000
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	--	0.000
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	--	0.000
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	--	0.000
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	--	0.000
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	--	0.000
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	--	0.000
01008	Cheese, caraway	28.35	1.0 oz	--	0.000
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	--	0.000
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	--	0.000
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	--	0.000
19367	Toppings, nuts in syrup	328.0	1.0 cup	--	0.000
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	--	0.000
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	--	0.000
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	--	0.000
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	--	0.000
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	--	0.000
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	--	0.000
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	--	0.000
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	--	0.000
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	--	0.000
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	--	0.000
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	--	0.000
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	--	0.000
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	--	0.000
01114	Whey, sweet, fluid	246.0	1.0 cup	--	0.000
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.000	0.013
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	--	0.000
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	--	0.000
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	--	0.000
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	--	0.000
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	--	0.000
11098	Brussels sprouts, raw	88.0	1.0 cup	--	0.000
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	--	0.000
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	--	0.000
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	--	0.000
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	--	0.000
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	--	0.000
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	--	0.000
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	--	0.000
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	--	0.000
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	--	0.000
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	--	0.000
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	--	0.000
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	--	0.000
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.000	0.001
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	--	0.000
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.000	0.002
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	--	0.000
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	--	0.000
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	0.001
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	--	0.000
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	--	0.000
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	--	0.000
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	--	0.000
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	--	0.000
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	--	0.000
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	--	0.000
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	--	0.000
04582	Oil, canola	14.0	1.0 tbsp	--	0.000
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	--	0.000
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11965	Cauliflower, green, raw	64.0	1.0 cup	--	0.000
18428	Crackers, wheat, low salt	14.2	0.5 oz	--	0.000
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	--	0.000
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	--	0.000
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	--	0.000
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	--	0.000
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01179	Sour cream, light	12.0	1.0 tablespoon	--	0.000
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	--	0.000
25024	Pretzels, soft, unsalted	143.0	1.0 large	--	0.000
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	--	0.000
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	--	0.000
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	--	0.000
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	--	0.000
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.032
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	--	0.000
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	--	0.000
19080	Candies, semisweet chocolate	14.5	1.0 serving	--	0.000
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	--	0.000
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	--	0.000
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	--	0.000
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.000	0.001
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	--	0.000
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	--	0.000
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	--	0.000
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	--	0.000
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	--	0.000
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	--	0.000
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	--	0.000
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	--	0.000
20134	Rice noodles, cooked	176.0	1.0 cup	--	0.000
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.000	0.004

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	--	0.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	--	0.000
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.000	0.001
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	--	0.000
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	--	0.000
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	--	0.000
01025	Cheese, monterey	132.0	1.0 cup, diced	--	0.000
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	--	0.000
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	--	0.000
07040	Liver cheese, pork	28.35	1.0 oz	--	0.000
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	--	0.000
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
19419	Snacks, corn cakes	9.0	1.0 cake	--	0.000
03215	Babyfood, pretzels	28.35	1.0 oz	--	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	--	0.000
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	--	0.000
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	--	0.000
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	--	0.000
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	--	0.000
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.000	0.029
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.001
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	--	0.000
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	--	0.000
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	--	0.000
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	--	0.000
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	--	0.000
20066	Semolina, enriched	167.0	1.0 cup	--	0.000
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	--	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	--	0.000
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	--	0.000
18220	Crackers, melba toast, plain	14.2	0.5 oz	--	0.000
19014	Snacks, fruit leather, rolls	21.0	1.0 large	--	0.000
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.000	0.013
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	--	0.000
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	--	0.000
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	--	0.000
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	--	0.000
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	--	0.000
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	--	0.000
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	--	0.000
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	--	0.000
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	--	0.000
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	--	0.000
14555	Water, bottled, generic	29.6	1.0 fl oz	--	0.000
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	--	0.000
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	--	0.000
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	--	0.000
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	--	0.000
19147	Candies, peanut bar	28.35	1.0 oz	--	0.000
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	--	0.000
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	--	0.000
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	--	0.000
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	--	0.000
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	--	0.000
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	--	0.000
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	--	0.000
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	--	0.000
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	--	0.000
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	--	0.000
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.000	0.001
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	--	0.000
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	--	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	--	0.000
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	--	0.000
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	--	0.000
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	--	0.000
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	--	0.000
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
18057	Bread, reduced-calorie, white	28.35	1.0 oz	--	0.000
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	--	0.000
09021	Apricots, raw	155.0	1.0 cup, halves	--	0.000
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	--	0.000
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.000	0.008
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	--	0.000
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	--	0.000
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	--	0.000
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	--	0.000
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	--	0.000
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	--	0.000
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	--	0.000
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	--	0.000
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	--	0.000
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	--	0.000
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	--	0.000
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.000	0.008
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	--	0.000
11216	Ginger root, raw	2.0	1.0 tsp	--	0.000
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	--	0.000
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	--	0.000
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.000	0.000
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	--	0.000
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	--	0.000
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	--	0.000
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	--	0.000
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	--	0.000
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	--	0.000
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	--	0.000
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	--	0.000
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	--	0.000
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	--	0.000
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	--	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	--	0.000
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	--	0.000
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	--	0.000
11941	Pickles, cucumber, sour	155.0	1.0 cup	--	0.000
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	--	0.000
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.000	0.001
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	--	0.000
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	--	0.000
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	--	0.000
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	--	0.000
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	--	0.000
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	--	0.000
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	--	0.000
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	--	0.000
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	--	0.000
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	--	0.000
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	--	0.000
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	--	0.000
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	--	0.000
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	--	0.000
09442	Pomegranate juice, bottled	249.0	1.0 cup	--	0.000
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	--	0.000
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	--	0.000
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.000	0.008
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	--	0.000
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	--	0.000
01005	Cheese, brick	132.0	1.0 cup, diced	--	0.000
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	--	0.000
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	--	0.000
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	--	0.000
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	--	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	--	0.000
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	--	0.000
11292	Onions, young green, tops only	6.0	1.0 tbsp	--	0.000
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	--	0.000
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	--	0.000
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	--	0.000
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	--	0.000
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	--	0.000
09042	Blackberries, raw	144.0	1.0 cup	--	0.000
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	--	0.000
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	--	0.000
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
20032	Millet, cooked	174.0	1.0 cup	--	0.000
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.000	0.008
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	--	0.000
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	--	0.000
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	--	0.000
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	--	0.000
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	--	0.000
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	--	0.000
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	--	0.000
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	--	0.000
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.000	0.005
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	--	0.000
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	--	0.000
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	--	0.000
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.000	0.011
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	--	0.000
11677	Shallots, raw	10.0	1.0 tbsp chopped	--	0.000
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.000	0.001
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	--	0.000
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.000	0.007
02053	Vinegar, distilled	14.9	1.0 tbsp	--	0.000
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	--	0.000
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	--	0.000
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	--	0.000
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	--	0.000
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	--	0.000
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	--	0.000
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	--	0.000
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	--	0.000
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	--	0.000
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	--	0.000
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	--	0.000
04574	Fat, duck	12.8	1.0 tbsp	--	0.000
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	--	0.000
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	--	0.000
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	--	0.000
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	--	0.000
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	--	0.000
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	--	0.000
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	--	0.000
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	--	0.000
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	--	0.000
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	--	0.000
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	--	0.000
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	--	0.000
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	--	0.000
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	--	0.000
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	--	0.000
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	--	0.000
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.000	0.056
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	--	0.000
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	--	0.000
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	--	0.000
02008	Spices, chervil, dried	0.6	1.0 tsp	--	0.000
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	--	0.000
10132	Pork, cured, feet, pickled	28.35	1.0 oz	--	0.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	--	0.000
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	--	0.000
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	--	0.000
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.000	0.003
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	--	0.000
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	--	0.000
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	--	0.000
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	--	0.000
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	--	0.000
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	--	0.000
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	--	0.000
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	--	0.000
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	--	0.000
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	--	0.000
20131	Barley malt flour	162.0	1.0 cup	--	0.000
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.000	0.003
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	--	0.000
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.000	0.002
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	--	0.000
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	--	0.000
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	--	0.000
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	--	0.000
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	--	0.000
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	--	0.000
01022	Cheese, gouda	28.35	1.0 oz	--	0.000
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	--	0.000
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	--	0.000
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	--	0.000
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	--	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	--	0.000
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	--	0.000
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	--	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.000	0.001
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	--	0.000
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	--	0.000
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	--	0.000
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.000	0.029
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	--	0.000
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	--	0.000
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	--	0.000
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	--	0.000
20063	Rye flour, dark	128.0	1.0 cup	--	0.000
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.000	0.007
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	--	0.000
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	--	0.000
11118	Cabbage, kimchi	150.0	1.0 cup	--	0.000
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	--	0.000
18217	Crackers, matzo, plain	14.2	0.5 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	--	0.000
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	--	0.000
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	--	0.000
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	--	0.000
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	--	0.000
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	--	0.000
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	--	0.000
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	--	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	--	0.000
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.000	0.116
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	--	0.000
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	--	0.000
11270	Mustard greens, raw	56.0	1.0 cup, chopped	--	0.000
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	--	0.000
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	--	0.000
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	--	0.000
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	--	0.000
43109	Pretzels, soft	143.0	1.0 large	--	0.000
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	--	0.000
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	0.001
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	--	0.000
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	--	0.000
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	--	0.000
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	--	0.000
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	--	0.000
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	--	0.000
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	--	0.000
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	--	0.000
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	--	0.000
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	--	0.000
43483	Millet, puffed	21.0	1.0 cup	--	0.000
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.000	0.001
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	--	0.000
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	--	0.000
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	--	0.000
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	--	0.000
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	--	0.000
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.000	0.001
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	--	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	--	0.000
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.000	0.040
06124	Gravy, pork, dry, powder	6.7	1.0 serving	--	0.000
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	--	0.000
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	--	0.000
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	--	0.000
02028	Spices, paprika	2.3	1.0 tsp	--	0.000
20008	Buckwheat	170.0	1.0 cup	--	0.000
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.000	0.008
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	--	0.000
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	--	0.000
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	--	0.000
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	--	0.000
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	--	0.000
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	--	0.000
09149	Kumquats, raw	19.0	1.0 fruit without refuse	--	0.000
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	--	0.000
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	--	0.000
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	--	0.000
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	--	0.000
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	--	0.000
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	--	0.000
11213	Endive, raw	25.0	0.5 cup, chopped	--	0.000
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	--	0.000
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	--	0.000
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	--	0.000
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	--	0.000
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.000	0.003
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	--	0.000
01040	Cheese, swiss	132.0	1.0 cup, diced	--	0.000
16112	Miso	17.0	1.0 tbsp	--	0.000
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	--	0.000
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	--	0.000
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	--	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	--	0.000
19719	Jams and preserves, apricot	20.0	1.0 tbsp	--	0.000
04542	Fat, chicken	12.8	1.0 tbsp	--	0.000
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	--	0.000
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	--	0.000
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	--	0.000
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	--	0.000
18384	Bread, rice bran, toasted	28.35	1.0 oz	--	0.000
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	--	0.000
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	--	0.000
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	--	0.000
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	0.002
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	--	0.000
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	--	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	--	0.000
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	--	0.000
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.000	0.001
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	--	0.000
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.000	0.004
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	--	0.000
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	--	0.000
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	--	0.000
19041	Snacks, pork skins, plain	28.35	1.0 oz	--	0.000
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	--	0.000
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	--	0.000
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	--	0.000
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	--	0.000
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.000	0.006
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.000	0.001
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	--	0.000
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	--	0.000
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	--	0.000
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	--	0.000
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	--	0.000
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.000	0.008
19355	Syrups, sorghum	330.0	1.0 cup	--	0.000
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	--	0.000
43541	Ice creams, chocolate, rich	148.0	1.0 cup	--	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	--	0.000
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	--	0.000
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	--	0.000
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	--	0.000
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	--	0.000
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	--	0.000
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	--	0.000
09038	Avocados, raw, California	230.0	1.0 cup, pureed	--	0.000
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	--	0.000
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	--	0.000
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.000	0.001
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	--	0.000
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	--	0.000
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
20027	Cornstarch	128.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	--	0.000
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	--	0.000
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	--	0.000
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	--	0.000
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	--	0.000
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	--	0.000
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.000	0.001
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	--	0.000
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	--	0.000
09174	Loquats, raw	149.0	1.0 cup, cubed	--	0.000
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	--	0.000
06957	Gravy, brown instant, dry	6.7	1.0 serving	--	0.000
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	--	0.000
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.000	0.003
11241	Kohlrabi, raw	135.0	1.0 cup	--	0.000
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	--	0.000
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.000	0.004
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.000	0.001
19117	Candies, halavah, plain	28.35	1.0 oz	--	0.000
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.000	0.005
02048	Vinegar, cider	14.9	1.0 tbsp	--	0.000
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	--	0.000
09299	Raisins, seeded	165.0	1.0 cup, packed	--	0.000
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	--	0.000
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	--	0.000
16137	Hummus, home prepared	15.0	1.0 tablespoon	--	0.000
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	--	0.000
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	--	0.000
07070	Salami, cooked, turkey	28.0	1.0 serving	0.000	0.006
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	--	0.000
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	--	0.000
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	--	0.000
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	--	0.000
11955	Tomatoes, sun-dried	54.0	1.0 cup	--	0.000
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	--	0.000
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	--	0.000
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	--	0.000
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.000	0.034
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	0.001
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	--	0.000
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.000	0.014
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	--	0.000
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	--	0.000
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	--	0.000
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	--	0.000
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	--	0.000
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	--	0.000
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000	0.000
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	--	0.000
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	--	0.000
19070	Candies, butterscotch	28.35	1.0 oz	--	0.000
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	--	0.000
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	--	0.000
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	--	0.000
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	--	0.000
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	--	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	--	0.000
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	--	0.000
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	--	0.000
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	--	0.000
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	--	0.000
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	--	0.000
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	--	0.000
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	--	0.000
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	--	0.000
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	--	0.000
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	--	0.000
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	--	0.000
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.000	0.003
20126	Spaghetti, spinach, dry	57.0	2.0 oz	--	0.000
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.000	0.008
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	--	0.000
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	--	0.000
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	--	0.000
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	--	0.000
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	--	0.000
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	--	0.000
01018	Cheese, edam	28.35	1.0 oz	--	0.000
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	--	0.000
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	--	0.000
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	--	0.000
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	--	0.000
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	--	0.000
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	--	0.000
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	--	0.000
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.000	0.001
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	--	0.000
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	--	0.000
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	--	0.000
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.000	0.005
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	--	0.000
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.000	0.003
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.000	0.006

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09062	Cherimoya, raw	160.0	1.0 cup, pieces	--	0.000
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	--	0.000
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	--	0.000
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	--	0.000
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	--	0.000
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	--	0.000
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	--	0.000
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.000	0.570
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	--	0.000
20060	Rice bran, crude	118.0	1.0 cup	--	0.000
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.000	0.008
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	--	0.000
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	--	0.000
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	--	0.000
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	--	0.000
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	--	0.000
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	--	0.000
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	--	0.000
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	--	0.000
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	--	0.000
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	--	0.000
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	--	0.000
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	--	0.000
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	--	0.000
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	--	0.000
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	--	0.000
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	--	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	--	0.000
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	--	0.000
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	--	0.000
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	--	0.000
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	--	0.000
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	--	0.000
09322	Tamarinds, raw	120.0	1.0 cup, pulp	--	0.000
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	--	0.000
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	--	0.000
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	--	0.000
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	--	0.000
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	--	0.000
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	--	0.000
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.000	0.001
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	--	0.000
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	--	0.000
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000	0.020
11424	Pumpkin, canned, without salt	245.0	1.0 cup	--	0.000
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	--	0.000
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	--	0.000
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	--	0.000
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	--	0.000
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	--	0.000
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	--	0.000
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	--	0.000
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	--	0.000
18047	Bread, raisin, enriched	28.35	1.0 oz	--	0.000
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	--	0.000
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	--	0.000
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	--	0.000
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	--	0.000
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	--	0.000
11615	Chives, freeze-dried	0.2	1.0 tbsp	--	0.000
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
02025	Spices, nutmeg, ground	2.2	1.0 tsp	--	0.000
20004	Barley, hulled	184.0	1.0 cup	--	0.000
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	--	0.000
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	--	0.000
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	--	0.000
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	--	0.000
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	--	0.000
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	--	0.000
09143	Guava sauce, cooked	238.0	1.0 cup	--	0.000
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	--	0.000
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	--	0.000
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	--	0.000
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	--	0.000
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	--	0.000
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	--	0.000
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.000	0.003
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	--	0.000
11209	Eggplant, raw	82.0	1.0 cup, cubes	--	0.000
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	--	0.000
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	--	0.000
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	--	0.000
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	--	0.000
09277	Plantains, raw	148.0	1.0 cup, sliced	--	0.000
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	--	0.000
16107	Sausage, meatless	25.0	1.0 link	--	0.000
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	--	0.000
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	--	0.000
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	--	0.000
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	--	0.000
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	--	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	--	0.000
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	--	0.000
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	--	0.000
11935	Catsup	17.0	1.0 tbsp	--	0.000
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	--	0.000
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.000	0.001
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	--	0.000
09087	Dates, deglet noor	147.0	1.0 cup, chopped	--	0.000
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	--	0.000
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	--	0.000
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	--	0.000
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	--	0.000
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	--	0.000
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	--	0.000
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	--	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	--	0.000
11141	Celeriac, raw	156.0	1.0 cup	--	0.000
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	--	0.000
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	--	0.000
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	--	0.000
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	--	0.000
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	--	0.000
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	--	0.000
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	--	0.000
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	--	0.000
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	--	0.000
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	--	0.000
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	--	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	--	0.000
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	--	0.000
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	--	0.000
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	--	0.000
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	--	0.000
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	--	0.000
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	--	0.000
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	--	0.000
20088	Wild rice, raw	160.0	1.0 cup	--	0.000
43144	Cabbage, mustard, salted	128.0	1.0 cup	--	0.000
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	--	0.000
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	--	0.000
11147	Chard, swiss, raw	36.0	1.0 cup	--	0.000
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	--	0.000
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	--	0.000
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
07921	Bacon and beef sticks	28.0	1.0 oz	--	0.000
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	--	0.000
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	--	0.000
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	--	0.000
06165	Sauce, homemade, white, thin	250.0	1.0 cup	--	0.000
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	--	0.000
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	--	0.000
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	--	0.000
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	--	0.000
11086	Beet greens, raw	38.0	1.0 cup	--	0.000
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	--	0.000
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	--	0.000
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	--	0.000
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	--	0.000
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	--	0.000
09164	Litchis, raw	190.0	1.0 cup	--	0.000
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	--	0.000
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	--	0.000
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	--	0.000
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.000	0.003
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	--	0.000
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	--	0.000
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.000	0.001
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.000	--
19114	Ice creams, chocolate, light	68.0	1.0 serving	--	0.000
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.000	0.007
02044	Basil, fresh	2.5	5.0 leaves	--	0.000
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	--	0.000
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.000	0.000
09296	Quinces, raw	92.0	1.0 fruit without refuse	--	0.000
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	--	0.000
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	--	0.000
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	--	0.000
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	--	0.000
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	--	0.000
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	--	0.000
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	--	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	--	0.000
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	--	0.000
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	--	0.000
11950	Mushrooms, enoki, raw	5.0	1.0 large	--	0.000
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.000	0.001
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	--	0.000
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	--	0.000
09107	Gooseberries, raw	150.0	1.0 cup	--	0.000
43382	Cranberry juice, unsweetened	253.0	1.0 cup	--	0.000
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	--	0.000
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	--	0.000
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	--	0.000
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	--	0.000
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	--	0.000
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	--	0.000
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.000	0.001
11568	Turnip greens, raw	55.0	1.0 cup, chopped	--	0.000
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	--	0.000
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	--	0.000
02001	Spices, allspice, ground	1.9	1.0 tsp	--	0.000
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	--	0.000
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	--	0.000
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	--	0.000
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	--	0.000
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	--	0.000
16069	Lentils, raw	192.0	1.0 cup	--	0.000
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.000	--
07026	Ham, chopped, canned	28.35	1.0 oz	--	0.000
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	--	0.000
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	--	0.000
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	--	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	--	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	--	0.000
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	--	0.000
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	--	0.000
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.000	0.000
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	--	0.000
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	--	0.000
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	0.007
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	--	0.000
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	--	0.000
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.000	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	--	0.000
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	--	0.000
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	--	0.000
09252	Pears, raw	140.0	1.0 cup, slices	--	0.000
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	--	0.000
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	--	0.000
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	--	0.000
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	--	0.000
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	--	0.000
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	--	0.000
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	--	0.000
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	--	0.000
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.000	0.001
18354	Strudel, apple	28.35	1.0 oz	0.000	0.000
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	--	0.000
36031	DENNY'S, onion rings	166.0	1.0 serving	--	0.000
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	--	0.000
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	--	0.000
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	--	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	--	0.000
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	--	0.000
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	--	0.000
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	--	0.000
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	--	0.000
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	--	0.000
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	--	0.000
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.000	0.005
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	--	0.000
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	--	0.000
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	--	0.000
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	--	0.000
18972	Bread, cheese	48.0	1.0 slice	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	--	0.000
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	--	0.000
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	--	0.000
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	--	0.000
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	--	0.000
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
06971	Sauce, worcestershire	17.0	1.0 tbsp	--	0.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	--	0.000
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	--	0.000
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	--	0.000
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	--	0.000
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	--	0.000
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	--	0.000
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	--	0.000
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	--	0.000
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	--	0.000
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	--	0.000
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	--	0.000
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	--	0.000
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	--	0.000
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	--	0.000
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	--	0.000
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	--	0.000
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	--	0.000
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	--	0.000
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	--	0.000
19304	Molasses	337.0	1.0 cup	--	0.000
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	--	0.000
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	--	0.000
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	--	0.000
01199	Cream, half and half, fat free	29.0	2.0 tbsp	--	0.000
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18043	Bread, protein (includes gluten)	28.35	1.0 oz	--	0.000
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	--	0.000
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	--	0.000
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	--	0.000
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	--	0.000
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	--	0.000
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	--	0.000
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000
06115	Gravy, au jus, dry	3.0	1.0 tsp	--	0.000
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	--	0.000
02022	Spices, mace, ground	1.7	1.0 tsp	--	0.000
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	--	0.000
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	--	0.000
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	--	0.000
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	--	0.000
18172	Cookies, gingersnaps	28.35	1.0 oz	--	0.000
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	--	0.000
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	--	0.000
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	--	0.000
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.001
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.000	0.002
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	--	0.000
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	--	0.000
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	--	0.000
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	--	0.000
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	--	0.000
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	--	0.000
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	--	0.000
18266	English muffins, whole-wheat	28.35	1.0 oz	--	0.000
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	--	0.000
42279	Babyfood, peas and brown rice	230.0	1.0 cup	--	0.000
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	--	0.000
01033	Cheese, parmesan, hard	28.35	1.0 oz	--	0.000
16099	Peanut flour, defatted	60.0	1.0 cup	--	0.000
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	--	0.000
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	--	0.000
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	--	0.000
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	--	0.000
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	--	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	--	0.000
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	--	0.000
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.000	0.003
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	--	0.000
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	--	0.000
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.000	0.001
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	--	0.000
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	--	0.000
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	--	0.000
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	--	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	--	0.000
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	--	0.000
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	--	0.000
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	--	0.000
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	--	0.000
20080	Wheat flour, whole-grain	120.0	1.0 cup	--	0.000
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	--	0.000
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	--	0.000
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.000	0.002
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	--	0.000
11520	Taro leaves, raw	28.0	1.0 cup	--	0.000
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	--	0.000
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	--	0.000
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	--	0.000
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	--	0.000
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.000	0.000
09221	Tangerine juice, raw	247.0	1.0 cup	--	0.000
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	--	0.000
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	--	0.000
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	--	0.000
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	--	0.000
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	--	0.000
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	--	0.000
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	--	0.000
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	--	0.000
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	--	0.000
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	--	0.000
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	--	0.000
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	--	0.000
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	--	0.000
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.000	0.001
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	--	0.000
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	--	0.000
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	--	0.000
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	--	0.000
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	--	0.000
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	--	0.000
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	--	0.000
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	--	0.000
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	--	0.000
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	--	0.000
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	--	0.000
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	--	0.000
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.000	0.112

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	--	0.000
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	--	0.000
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	--	0.000
19350	Syrups, corn, light	341.0	1.0 cup	--	0.000
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	--	0.000
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	--	0.000
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	--	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	--	0.000
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	--	0.000
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	--	0.000
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	--	0.000
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	--	0.000
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	--	0.000
09035	Apricots, frozen, sweetened	242.0	1.0 cup	--	0.000
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	--	0.000
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	--	0.000
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.000	0.002
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.000	0.004
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	--	0.000
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	--	0.000
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	--	0.000
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.000	0.000
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	0.006
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	--	0.000
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	--	0.000
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	--	0.000
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	--	0.000
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	--	0.000
16122	Soy protein isolate	28.35	1.0 oz	--	0.000
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	--	0.000
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000	0.001
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	--	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	--	0.000
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	--	0.000
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	--	0.000
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	--	0.000
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	--	0.000
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	--	0.000
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	--	0.000
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	--	0.000
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	--	0.000
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	--	0.000
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	--	0.000
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	--	0.000
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	--	0.000
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	--	0.000
21415	POPEYES, biscuit	60.0	1.0 biscuit	--	0.000
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.000	--
11564	Turnips, raw	130.0	1.0 cup, cubes	--	0.000
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	--	0.000
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	--	0.000
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	--	0.000
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	--	0.000
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	--	0.000
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	--	0.000
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	--	0.000
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	--	0.000
16059	Chili with beans, canned	256.0	1.0 cup	--	0.000
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.000	0.002
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	--	0.000
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	--	0.000
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	--	0.000
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	--	0.000
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	--	0.000
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	--	0.000
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	--	0.000
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	0.007
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	--	0.000
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	--	0.000
18245	Danish pastry, cheese	28.35	1.0 oz	0.000	0.000
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	--	0.000
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.000	0.001
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	--	0.000
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	--	0.000
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	--	0.000
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	--	0.000
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	--	0.000
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	--	0.000
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	--	0.000
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	--	0.000
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	--	0.000
21129	Fast foods, hush puppies	22.0	1.0 piece	--	0.000
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	--	0.000
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	--	0.000
11304	Peas, green, raw	145.0	1.0 cup	--	0.000
18087	Cake, angelfood, dry mix	38.0	1.0 serving	--	0.000
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	--	0.000
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	--	0.000
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.000	0.003
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	--	0.000
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	--	0.000
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	--	0.000
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	--	0.000
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	--	0.000
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	--	0.000
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	--	0.000
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	--	0.000
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	--	0.000
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	--	0.000
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	--	0.000
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.000	0.001
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.000	0.010
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	--	0.000
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	--	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	--	0.000
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	--	0.000
16008	Beans, baked, canned, with franks	259.0	1.0 cup	--	0.000
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	--	0.000
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	--	0.000
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	--	0.000
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	--	0.000
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.000	0.008
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	--	0.000
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	--	0.000
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	--	0.000
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.000	0.001
19129	Syrups, table blends, pancake	314.0	1.0 cup	--	0.000
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	--	0.000
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	--	0.000
09316	Strawberries, raw	152.0	1.0 cup, halves	--	0.000
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
01072	Dessert topping, pressurized	70.0	1.0 cup	--	0.000
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	--	0.000
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	--	0.000
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	--	0.000
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	--	0.000
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	--	0.000
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	--	0.000
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	--	0.000
11976	Pepper, banana, raw	124.0	1.0 cup	--	0.000
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.000	0.001
19300	Jellies	21.0	1.0 serving 1 tbsp	--	0.000
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	--	0.000
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	--	0.000
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	--	0.000
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	--	0.000
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
18040	Bread, oatmeal, toasted	28.35	1.0 oz	--	0.000
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	--	0.000
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	--	0.000
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	--	0.000
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	--	0.000
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	--	0.000
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.000	0.017
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	--	0.000
11591	Watercress, raw	34.0	1.0 cup, chopped	--	0.000
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	--	0.000
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	--	0.000
02016	Spices, dill seed	2.1	1.0 tsp	--	0.000
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	--	0.000
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	--	0.000
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	--	0.000
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	--	0.000
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	--	0.000
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	--	0.000
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.000	0.003
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	--	0.000
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	--	0.000
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	--	0.000
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	--	0.000
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	--	0.000
20316	Corn flour, whole-grain, white	117.0	1.0 cup	--	0.000
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.000	0.004
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
11203	Cress, garden, raw	50.0	1.0 cup	--	0.000
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	--	0.000
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	--	0.000
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	--	0.000
42270	Beverages, Orange juice drink	249.0	1.0 cup	--	0.000
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	--	0.000
16095	Peanuts, virginia, raw	146.0	1.0 cup	--	0.000
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	--	0.000
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
07045	Luncheon meat, pork, canned	28.35	1.0 oz	--	0.000
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	--	0.000
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	--	0.000
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	--	0.000
04528	Oil, walnut	13.6	1.0 tbsp	--	0.000
11349	Poi	240.0	1.0 cup	--	0.000
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	--	0.000
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	--	0.000
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	--	0.000
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	--	0.000
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	--	0.000
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.000	0.005
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	--	0.000
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	--	0.000
20074	Wheat, hard white	192.0	1.0 cup	--	0.000
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	--	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	--	0.000
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	--	0.000
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	--	0.000
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	--	0.000
19030	Syrup, fruit flavored	20.0	1.0 serving	--	0.000
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	--	0.000
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	--	0.000
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	--	0.000
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	--	0.000
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	--	0.000
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	--	0.000
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	--	0.000
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	--	0.000
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	--	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	--	0.000
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	--	0.000
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	--	0.000
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	--	0.000
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	--	0.000
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	--	0.000
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	--	0.000
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	--	0.000
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.000	0.000
43132	Meatballs, meatless	144.0	1.0 cup	--	0.000
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.000	0.009
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	--	0.000
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	--	0.000
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	--	0.000
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	--	0.000
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	--	0.000
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	--	0.000
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	--	0.000
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	--	0.000
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	--	0.000
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	--	0.000
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	--	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	--	0.000
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	--	0.000
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	--	0.000
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	--	0.000
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	--	0.000
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	--	0.000
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	--	0.000
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.001
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	--	0.000
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	--	0.000
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	--	0.000
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.000	0.006
21270	TACO BELL, Taco Salad	533.0	1.0 item	--	0.000
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	--	0.000
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	--	0.000
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	--	0.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	--	0.000
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.000	0.001
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	--	0.000
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	--	0.000
09160	Lime juice, raw	242.0	1.0 cup	--	0.000
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000	0.001
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	--	0.000
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	--	0.000
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	--	0.000
11943	Pimento, canned	12.0	1.0 tbsp	--	0.000
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	--	0.000
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.000	0.001
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	--	0.000
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	--	0.000
09095	Figs, dried, stewed	259.0	1.0 cup	--	0.000
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.000	0.006
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
01159	Cheese, goat, soft type	28.35	1.0 oz	--	0.000
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	--	0.000
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.000	0.003
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	--	0.000
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	--	0.000
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.000	0.056
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	--	0.000
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	--	0.000
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	--	0.000
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	--	0.000
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	--	0.000
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	--	0.000
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	--	0.000
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	--	0.000
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	--	0.000
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	--	0.000
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.000	0.002

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
16055	Carob flour	103.0	1.0 cup	--	0.000
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	--	0.000
07019	Chorizo, pork and beef	28.35	1.0 oz	--	0.000
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	--	0.000
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	--	0.000
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	--	0.000
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	--	0.000
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	--	0.000
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	--	0.000
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	--	0.000
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.000	0.004
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	--	0.000
43214	Butter replacement, without fat, powder	80.0	1.0 cup	--	0.000
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	--	0.000
11161	Collards, raw	36.0	1.0 cup, chopped	--	0.000
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	--	0.000
18242	Croutons, plain	14.2	0.5 oz	--	0.000
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	--	0.000
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	--	0.000
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	--	0.000
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	--	0.000
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	--	0.000
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	--	0.000
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	--	0.000
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	--	0.000
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	--	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	--	0.000
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	--	0.000
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	--	0.000
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	--	0.000
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	--	0.000
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	--	0.000
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.000	0.002
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	--	0.000
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	--	0.000
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	--	0.000
01115	Whey, sweet, dried	145.0	1.0 cup	--	0.000
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	--	0.000
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.000	0.007
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.000	0.000
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	--	0.000
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	--	0.000
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.000	0.000
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	--	0.000
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	--	0.000
42040	Syrups, grenadine	20.0	1.0 tbsp	--	0.000
09190	Mulberries, raw	140.0	1.0 cup	--	0.000
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	--	0.000
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	--	0.000
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.000	0.139
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	--	0.000
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	--	0.000
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	--	0.000
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	--	0.000
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	--	0.000
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	--	0.000
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	--	0.000
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	--	0.000
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	--	0.000
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	--	0.000
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	--	0.000
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	--	0.000
43026	Syrups, sugar free	240.0	1.0 cup	--	0.000
09313	Sapodilla, raw	241.0	1.0 cup, pulp	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	--	0.000
01069	Cream substitute, powdered	94.0	1.0 cup	--	0.000
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	--	0.000
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	--	0.000
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	--	0.000
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	--	0.000
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	--	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	--	0.000
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	--	0.000
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	--	0.000
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	--	0.000
19294	Fruit butters, apple	17.0	1.0 tbsp	--	0.000
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	--	0.000
43405	Cheese, swiss, low sodium	28.0	1.0 slice	--	0.000
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	0.001
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
01180	Sour cream, fat free	12.0	1.0 tablespoon	--	0.000
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	--	0.000
18037	Bread, oat bran	28.35	1.0 oz	--	0.000
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	--	0.000
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	--	0.000
09002	Acerola juice, raw	242.0	1.0 cup	--	0.000
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	--	0.000
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	--	0.000
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.036
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	--	0.000
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	--	0.000
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	--	0.000
19081	Candies, sweet chocolate	28.35	1.0 oz	--	0.000
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	--	0.000
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	--	0.000
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	--	0.000
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	--	0.000
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.000	0.001
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	--	0.000
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	--	0.000
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	--	0.000
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	--	0.000
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	--	0.000
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	--	0.000
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	--	0.000
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	--	0.000
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	--	0.000
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	--	0.000
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.000	0.008
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	--	0.000
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	--	0.000
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	--	0.000
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	--	0.000
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	--	0.000
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	--	0.000
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	--	0.000
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	--	0.000
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	--	0.000
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	--	0.000
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	--	0.000
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	--	0.000
03217	Zwieback	28.35	1.0 oz	--	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	--	0.000
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	--	0.000
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.000	0.001

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.000	0.000
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	--	0.000
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	--	0.000
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	--	0.000
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.000	0.026
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	--	0.000
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000	0.001
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	--	0.000
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	--	0.000
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	--	0.000
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	--	0.000
20068	Tapioca, pearl, dry	152.0	1.0 cup	--	0.000
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	--	0.000
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.000	0.004
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	--	0.000
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	--	0.000
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	--	0.000
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	--	0.000
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	--	0.000
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	--	0.000
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	--	0.000
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	--	0.000
90480	Syrup, Cane	21.0	1.0 serving	--	0.000
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	--	0.000
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	--	0.000
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	--	0.000
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	--	0.000
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	--	0.000
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	--	0.000
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	--	0.000
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	--	0.000
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	--	0.000
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	--	0.000
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	--	0.000
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	--	0.000
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.000	0.001
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	--	0.000
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	--	0.000
43128	Chicken, meatless	168.0	1.0 cup	--	0.000
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.000	0.003
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	--	0.000
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
01089	Milk, low sodium, fluid	244.0	1.0 cup	--	0.000
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	--	0.000
07911	Liverwurst spread	55.0	0.25 cup	--	0.000
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	--	0.000
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	--	0.000
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.000	0.001
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	--	0.000
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	--	0.000
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	--	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	--	0.000
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	--	0.000
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	--	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	--	0.000
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000	0.001
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	--	0.000
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	--	0.000
18059	Bread, rice bran	28.35	1.0 oz	--	0.000
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	--	0.000
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	--	0.000
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	--	0.000
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	--	0.000
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	--	0.000
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.000	0.034
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	--	0.000
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	--	0.000
20012	Bulgur, dry	140.0	1.0 cup	--	0.000
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	--	0.000
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	--	0.000
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.000	0.000
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	--	0.000
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	--	0.000
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.000	0.000
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	--	0.000
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	--	0.000
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	--	0.000
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	--	0.000
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	--	0.000
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	--	0.000
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.000	0.003
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	--	0.000
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	--	0.000
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	--	0.000
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	--	0.000
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.000	0.001
02036	Spices, rosemary, dried	1.2	1.0 tsp	--	0.000
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	--	0.000
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	--	0.000
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	--	0.000
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	--	0.000
16117	Soy flour, defatted	105.0	1.0 cup	--	0.000
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	--	0.000
07061	Mother's loaf, pork	28.35	1.0 oz	--	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	--	0.000
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	--	0.000
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	--	0.000
18235	Crackers, whole-wheat	28.0	1.0 serving	--	0.000
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	--	0.000
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	--	0.000
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	--	0.000
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	--	0.000
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	--	0.000
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.000	0.026
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.000	0.001
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	--	0.000
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	--	0.000
07015	Brotwurst, pork, beef, link	70.0	1.0 link	--	0.000
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	--	0.000
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	--	0.000
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	--	0.000
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	--	0.000
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	--	0.000
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	--	0.000
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000
18338	Phyllo dough	28.35	1.0 oz	--	0.000
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	--	0.000
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	--	0.000
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.000	0.002
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	--	0.000
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	--	0.000
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	--	0.000
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	--	0.000
11152	Chicory greens, raw	29.0	1.0 cup, chopped	--	0.000
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	--	0.000
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	--	0.000
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.000	0.001
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	--	0.000
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	--	0.000
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	--	0.000
01006	Cheese, brie	28.35	1.0 oz	--	0.000
12084	Nuts, butternuts, dried	120.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
19365	Toppings, marshmallow cream	28.35	1.0 oz	--	0.000
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	--	0.000
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	--	0.000
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	--	0.000
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	--	0.000
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	--	0.000
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	--	0.000
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	--	0.000
18345	Rolls, dinner, oat bran	28.35	1.0 oz	--	0.000
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	--	0.000
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	--	0.000
09043	Blackberry juice, canned	250.0	1.0 cup	--	0.000
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	--	0.000
01112	Whey, acid, fluid	246.0	1.0 cup	--	0.000
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	--	0.000
13166	USDA Commodity, beef, canned	45.0	1.0 serving	--	0.000
20033	Oat bran, raw	94.0	1.0 cup	--	0.000
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.000	0.006
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	--	0.000
11096	Broccoli raab, raw	40.0	1.0 cup chopped	--	0.000
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	--	0.000
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	--	0.000
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	--	0.000
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	--	0.000
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	--	0.000
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.000	0.001
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	--	0.000
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.000	0.003
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	--	0.000
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	--	0.000
11683	Carrot, dehydrated	74.0	1.0 cup	--	0.000
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.000	0.001
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	--	0.000
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.000	0.003
02054	Capers, canned	8.6	1.0 tbsp, drained	--	0.000
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	--	0.000
09307	Rhubarb, raw	122.0	1.0 cup, diced	--	0.000
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.000	0.002
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	--	0.000
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	--	0.000
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	--	0.000
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	--	0.000
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	--	0.000
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	--	0.000
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	--	0.000
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	--	0.000
04575	Fat, turkey	12.8	1.0 tbsp	--	0.000
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	--	0.000
11963	Nopales, raw	86.0	1.0 cup, sliced	--	0.000
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	--	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	--	0.000
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	--	0.000
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	--	0.000
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	--	0.000
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	--	0.000
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	--	0.000
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	--	0.000
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.000	0.001
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	--	0.000
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	--	0.000
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	--	0.000
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	--	0.000
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	--	0.000
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.015
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	--	0.000
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	--	0.000
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	--	0.000
02009	Spices, chili powder	2.7	1.0 tsp	--	0.000
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	--	0.000
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	--	0.000
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	--	0.000
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	--	0.000
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.000	--
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	--	0.000
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	--	0.000
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	--	0.000
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	--	0.000
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	--	0.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	--	0.000
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	--	0.000
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	--	0.000
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	--	0.000
20132	Oat flour, partially debranned	104.0	1.0 cup	--	0.000
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.000	0.006
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	--	0.000
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	--	0.000
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	--	0.000
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	--	0.000
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	--	0.000
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	--	0.000
01023	Cheese, gruyere	28.35	1.0 oz	--	0.000
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	--	0.000
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	--	0.000
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	--	0.000
19415	Snacks, potato sticks	28.35	1.0 oz	--	0.000
03213	Babyfood, cookies	28.35	1.0 oz	--	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	--	0.000
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	--	0.000
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	--	0.000
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	--	0.000
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	--	0.000
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	--	0.000
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	--	0.000
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	--	0.000
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	--	0.000
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	--	0.000
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	--	0.000
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	--	0.000
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	--	0.000
20064	Rye flour, medium	102.0	1.0 cup	--	0.000
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	--	0.000
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	--	0.000
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	--	0.000
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	--	0.000
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	--	0.000
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	--	0.000
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	--	0.000
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	--	0.000
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	--	0.000
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	--	0.000
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	--	0.000
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	--	0.000
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	--	0.000
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	--	0.000
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	--	0.000
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	--	0.000
21024	Fast foods, french toast sticks	65.0	3.0 pieces	--	0.000
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	--	0.000
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.000	0.003
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	--	0.000
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	--	0.000
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	--	0.000
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.000	0.006
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	--	0.000
09334	Feijoa, raw	243.0	1.0 cup, pureed	--	0.000
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	--	0.000
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	--	0.000
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	--	0.000
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	--	0.000
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	--	0.000
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	--	0.000
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	--	0.000
11432	Radishes, oriental, dried	116.0	1.0 cup	--	0.000
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	--	0.000
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	--	0.000
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.000	0.006
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	--	0.000
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	--	0.000
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	--	0.000
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	--	0.000
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	--	0.000
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	--	0.000
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	--	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	--	0.000
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.000	0.006
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	--	0.000
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	--	0.000
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	--	0.000
02029	Spices, parsley, dried	0.5	1.0 tsp	--	0.000
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	--	0.000
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	--	0.000
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	--	0.000
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	--	0.000
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	--	0.000
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	--	0.000
28322	Bagels, multigrain	81.0	1.0 piece bagel	--	0.000
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	--	0.000
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	--	0.000
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	--	0.000
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	--	0.000
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	--	0.000
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	--	0.000
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	--	0.000
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	--	0.000
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	--	0.000
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.000	0.001
02033	Spices, poppy seed	2.8	1.0 tsp	--	0.000
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	--	0.000
42289	Oil, corn and canola	14.0	1.0 tbsp	--	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	--	0.000
01041	Cheese, tilsit	28.35	1.0 oz	--	0.000
16113	Natto	175.0	1.0 cup	--	0.000
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	--	0.000
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	--	0.000
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	--	0.000
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	--	0.000
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	--	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	--	0.000
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	--	0.000
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	--	0.000
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	--	0.000
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	--	0.000
18385	Bread, wheat germ, toasted	28.35	1.0 oz	--	0.000
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	--	0.000
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	--	0.000
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	--	0.000
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	--	0.000
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	--	0.000
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	--	0.000
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	--	0.000
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	--	0.000
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.000	--
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	--	0.000
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	--	0.000
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	--	0.000
09434	Guanabana nectar, canned	251.0	1.0 cup	--	0.000
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.000	0.003
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	--	0.000
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	--	0.000
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	--	0.000
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	--	0.000
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	--	0.000
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	--	0.000
01003	Butter oil, anhydrous	12.8	1.0 tbsp	--	0.000
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.000	0.003
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	--	0.000
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	--	0.000
43543	Milk, imitation, non-soy	244.0	1.0 cup	--	0.000
04055	Oil, palm	13.6	1.0 tbsp	--	0.000
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.000	0.001
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	--	0.000
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	--	0.000
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.000	0.051
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	--	0.000
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	--	0.000
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	--	0.000
09040	Bananas, raw	225.0	1.0 cup, mashed	--	0.000
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	--	0.000
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	--	0.000
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	--	0.000
20029	Couscous, cooked	157.0	1.0 cup, cooked	--	0.000
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.000	0.010
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	--	0.000
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	--	0.000
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	--	0.000
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	--	0.000
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	--	0.000
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	--	0.000
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	--	0.000
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.000	0.007
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	--	0.000
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	--	0.000
06958	Gravy, instant beef, dry	6.7	1.0 serving	--	0.000
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	--	0.000
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.000	0.002
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	--	0.000
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.000	0.001
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	--	0.000
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	--	0.000
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.000	0.007
02050	Vanilla extract	4.2	1.0 tsp	--	0.000
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	--	0.000
09302	Raspberries, raw	123.0	1.0 cup	--	0.000
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	--	0.000
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	--	0.000
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	--	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	--	0.000
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	--	0.000
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	--	0.000
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	--	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	--	0.000
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	--	0.000
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	--	0.000
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	--	0.000
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	--	0.000
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	--	0.000
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	--	0.000
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.000	0.011
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	0.001
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	--	0.000
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	--	0.000
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	--	0.000
18028	Bread, egg, toasted	28.35	1.0 oz	0.000	0.001
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	--	0.000
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	--	0.000
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	--	0.000
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	--	0.000
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	--	0.000
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	--	0.000
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	--	0.000
19071	Candies, carob, unsweetened	28.35	1.0 oz	--	0.000
02005	Spices, caraway seed	2.1	1.0 tsp	--	0.000
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	--	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	--	0.000
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.000	0.001
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	--	0.000
11015	Asparagus, canned, drained solids	242.0	1.0 cup	--	0.000
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	--	0.000
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	--	0.000
07030	Ham, minced	28.35	1.0 oz	--	0.000
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	--	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	--	0.000
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	--	0.000
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	--	0.000
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	--	0.000
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	--	0.000
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	--	0.000
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	--	0.000
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	--	0.000
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	--	0.000
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.000	0.004
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	--	0.000
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.000	0.000
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	--	0.000
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	--	0.000
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	--	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	--	0.000
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	--	0.000
01019	Cheese, feta	150.0	1.0 cup, crumbled	--	0.000
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	--	0.000
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
05150	Goose, liver, raw	94.0	1.0 liver	--	0.000
07033	Ham and cheese spread	15.0	1.0 tbsp	--	0.000
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	--	0.000
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	--	0.000
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	--	0.000
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	--	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	--	0.000
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	--	0.000
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	--	0.000
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	--	0.000
18360	Taco shells, baked	12.9	1.0 shell	--	0.000
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	--	0.000
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.000	0.001
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	--	0.000
43276	Cheese spread, cream cheese base	28.35	1.0 oz	--	0.000
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	--	0.000
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	--	0.000
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.000	0.038
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	--	0.000
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.000	0.727
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
20061	Rice flour, white, unenriched	158.0	1.0 cup	--	0.000
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	--	0.000
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	--	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	--	0.000
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	--	0.000
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	--	0.000
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	--	0.000
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	--	0.000
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	--	0.000
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	--	0.000
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	--	0.000
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	--	0.000
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	--	0.000
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	--	0.000
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	--	0.000
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	--	0.000
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	--	0.000
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	--	0.000
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	--	0.000
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	--	0.000
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	--	0.000
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	--	0.000
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	--	0.000
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	--	0.000
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	--	0.000
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	--	0.000
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	--	0.000
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	--	0.000
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	--	0.000
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	--	0.000
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	--	0.000
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	--	0.000
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.000	0.042
11429	Radishes, raw	116.0	1.0 cup slices	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11987	Mushrooms, oyster, raw	148.0	1.0 large	--	0.000
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	--	0.000
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	--	0.000
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	--	0.000
43476	Tofu yogurt	262.0	1.0 cup	--	0.000
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000	0.001
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	--	0.000
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	--	0.000
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	--	0.000
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	--	0.000
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	--	0.000
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	--	0.000
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	--	0.000
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
06120	Gravy, chicken, dry	8.0	1.0 tbsp	--	0.000
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	--	0.000
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	--	0.000
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	--	0.000
02026	Spices, onion powder	2.4	1.0 tsp	--	0.000
20005	Barley, pearled, raw	200.0	1.0 cup	--	0.000
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	--	0.000
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000	0.000
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.000	0.003
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	--	0.000
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	--	0.000
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	--	0.000
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	--	0.000
09144	Jackfruit, raw	165.0	1.0 cup, sliced	--	0.000
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	--	0.000
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	--	0.000
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	--	0.000
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	--	0.000
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	--	0.000
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	--	0.000
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	--	0.000
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.000	0.003
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	--	0.000
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	--	0.000
18003	Bagels, egg	28.35	1.0 oz	0.000	0.001
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.000	0.001
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.000	0.003
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	--	0.000
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	--	0.000
09278	Plantains, cooked	200.0	1.0 cup, mashed	--	0.000
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	--	0.000
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	--	0.000
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	--	0.000
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	--	0.000
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	--	0.000
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	--	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	--	0.000
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	--	0.000
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	--	0.000
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.000	0.000
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	--	0.000
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	--	0.000
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	--	0.000
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	--	0.000
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.000	0.001
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	--	0.000
09088	Elderberries, raw	145.0	1.0 cup	--	0.000
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	--	0.000
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	--	0.000
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	--	0.000
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	--	0.000
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	--	0.000
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	--	0.000
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	--	0.000
11143	Celery, raw	101.0	1.0 cup chopped	--	0.000
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	--	0.000
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	--	0.000
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	--	0.000
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.000	0.027
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.000	0.007
09229	Papaya nectar, canned	250.0	1.0 cup	--	0.000
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	--	0.000
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	--	0.000
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	--	0.000
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.000	0.003
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	--	0.000
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	--	0.000
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	--	0.000
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	--	0.000
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	--	0.000
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	--	0.000
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	--	0.000
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	--	0.000
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	--	0.000
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	--	0.000
20089	Wild rice, cooked	164.0	1.0 cup	--	0.000
43146	Eggplant, pickled	136.0	1.0 cup	--	0.000
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	--	0.000
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	--	0.000
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	--	0.000
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	--	0.000
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
06166	Sauce, homemade, white, medium	250.0	1.0 cup	--	0.000
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	--	0.000
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	--	0.000
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	--	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	--	0.000
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	--	0.000
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	--	0.000
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	--	0.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	--	0.000
09165	Litchis, dried	2.5	1.0 fruit	--	0.000
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	--	0.000
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.000	0.002
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000
20647	Millet flour	119.0	1.0 cup	--	0.000
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.000	0.002
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	--	0.000
11667	Seaweed, spirulina, dried	112.0	1.0 cup	--	0.000
18021	Bread, boston brown, canned	28.35	1.0 oz	--	0.000
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	--	0.000
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	--	0.000
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.000	0.007
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	--	0.000
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	--	0.000
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.000	0.000
09297	Raisins, golden seedless	165.0	1.0 cup, packed	--	0.000
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	--	0.000
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	--	0.000
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	--	0.000
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	--	0.000
07068	Salami, cooked, beef	26.0	1.0 slice	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	--	0.000
21238	McDONALD'S, french fries	71.0	1.0 small serving	--	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	--	0.000
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	--	0.000
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	--	0.000
11952	Radicchio, raw	40.0	1.0 cup, shredded	--	0.000
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	--	0.000
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	--	0.000
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	--	0.000
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	--	0.000
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	--	0.000
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.000	0.002
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	--	0.000
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	--	0.000
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	--	0.000
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	--	0.000
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	--	0.000
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	--	0.000
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	--	0.000
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	--	0.000
21419	KFC, biscuit	49.0	1.0 biscuit	--	0.000
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	--	0.000
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	--	0.000
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	--	0.000
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	--	0.000
02002	Spices, anise seed	2.1	1.0 tsp, whole	--	0.000
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	--	0.000
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	--	0.000
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	--	0.000
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	--	0.000
11011	Asparagus, raw	134.0	1.0 cup	--	0.000
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	--	0.000
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.000	0.388
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	--	0.000
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	--	0.000
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	--	0.000
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	--	0.000
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	--	0.000
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	--	0.000
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	--	0.000
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	--	0.000
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.000	0.000
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	--	0.000
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.000	0.008
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	--	0.000
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	--	0.000
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	--	0.000
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	--	0.000
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	--	0.000
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	--	0.000
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	--	0.000
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	--	0.000
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	--	0.000
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	--	0.000
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	--	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	--	0.000
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	--	0.000
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	--	0.000
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	--	0.000
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	--	0.000
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	--	0.000
09059	Breadfruit, raw	220.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	--	0.000
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	--	0.000
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	--	0.000
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.000	0.029
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	--	0.000
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	--	0.000
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	--	0.000
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.000	0.010
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	--	0.000
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	--	0.000
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	--	0.000
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	--	0.000
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.000	0.044
09205	Oranges, raw, with peel	170.0	1.0 cup	--	0.000
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	--	0.000
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	--	0.000
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	--	0.000
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	--	0.000
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	--	0.000
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	--	0.000
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	--	0.000
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	--	0.000
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	--	0.000
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	--	0.000
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	--	0.000
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	--	0.000
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	--	0.000
43060	Chewing gum, sugarless	2.0	1.0 piece	--	0.000
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	--	0.000
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	--	0.000
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	--	0.000
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	--	0.000
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	--	0.000
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	--	0.000
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	--	0.000
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	--	0.000
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	--	0.000
11980	Peppers, chili, green, canned	139.0	1.0 cup	--	0.000
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	--	0.000
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	--	0.000
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	--	0.000
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	--	0.000
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	--	0.000
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	--	0.000
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	--	0.000
18044	Bread, pumpernickel	28.35	1.0 oz	--	0.000
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	--	0.000
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	--	0.000
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	--	0.000
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	--	0.000
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	--	0.000
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.000	0.002
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	--	0.000
11603	Yambean (jicama), raw	120.0	1.0 cup slices	--	0.000
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	--	0.000
02023	Spices, marjoram, dried	0.6	1.0 tsp	--	0.000
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	--	0.000
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	--	0.000
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	--	0.000
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	--	0.000
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	--	0.000
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	--	0.000
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	--	0.000
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.000	0.001
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	--	0.000
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	--	0.000
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	--	0.000
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	--	0.000
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	--	0.000
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	--	0.000
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.000	0.007
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	--	0.000
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	--	0.000
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	--	0.000
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	--	0.000
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	--	0.000
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	--	0.000
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	--	0.000
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	--	0.000
01034	Cheese, port de salut	132.0	1.0 cup, diced	--	0.000
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	--	0.000
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	--	0.000
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	--	0.000
07052	Pastrami, turkey	57.0	2.0 slices	0.000	0.011
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	--	0.000
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	--	0.000
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.000	0.003
04532	Oil, hazelnut	13.6	1.0 tablespoon	--	0.000
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	--	0.000
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	--	0.000
09084	Currants, red and white, raw	112.0	1.0 cup	--	0.000
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.000	0.001
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	--	0.000
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	--	0.000
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	--	0.000
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	--	0.000
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	--	0.000
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	--	0.000
11527	Tomatoes, green, raw	180.0	1.0 cup	--	0.000
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	--	0.000
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	--	0.000
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	--	0.000
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	--	0.000
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	--	0.000
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	--	0.000
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	--	0.000
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	--	0.000
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	--	0.000
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	--	0.000
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	--	0.000
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	--	0.000
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	--	0.000
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	--	0.000
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	--	0.000
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	--	0.000
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	--	0.000
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.000	0.001
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	--	0.000
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	--	0.000
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	--	0.000
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	--	0.000
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	--	0.000
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	--	0.000
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	--	0.000
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	--	0.000
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	--	0.000
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	--	0.000
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	--	0.000
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	--	0.000
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	--	0.000
12061	Nuts, almonds	143.0	1.0 cup, whole	--	0.000
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
19351	Syrups, corn, high-fructose	310.0	1.0 cup	--	0.000
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	--	0.000
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	--	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	--	0.000
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	--	0.000
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	--	0.000
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	--	0.000
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	--	0.000
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.000	0.001
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	--	0.000
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.000	0.003
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	--	0.000
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	--	0.000
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.000	0.001
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	--	0.000
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	--	0.000
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	--	0.000
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	--	0.000
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	--	0.000
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.000	0.001
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	--	0.000
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	--	0.000
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	--	0.000
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	--	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	--	0.000
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	--	0.000
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	--	0.000
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	--	0.000
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	--	0.000
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	--	0.000
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	--	0.000
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	--	0.000
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	--	0.000
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	--	0.000
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	--	0.000
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	--	0.000
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	--	0.000
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	--	0.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	--	0.000
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	--	0.000
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	--	0.000
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	--	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	--	0.000
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	--	0.000
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	--	0.000
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	--	0.000
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	--	0.000
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	--	0.000
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	--	0.000
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	--	0.000
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	--	0.000
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.000	0.002
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	--	0.000
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	--	0.000
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	--	0.000
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	--	0.000
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	--	0.000
13350	Beef, cured, dried	28.0	10.0 slices	--	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	--	0.000
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.000	0.003
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	--	0.000
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	--	0.000
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.000	0.009
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	--	0.000
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	--	0.000
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	--	0.000
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	--	0.000
07939	Frankfurter, pork	76.0	1.0 link	--	0.000
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	--	0.000
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	--	0.000
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	--	0.000
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	--	0.000
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	--	0.000
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	--	0.000
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	--	0.000
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	--	0.000
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	--	0.000
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	--	0.000
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	--	0.000
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	--	0.000
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	--	0.000
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	--	0.000
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	--	0.000
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	--	0.000
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	--	0.000
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	--	0.000
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	--	0.000
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	--	0.000
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	--	0.000
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.000	0.002
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	--	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	--	0.000
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	--	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	--	0.000
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	--	0.000
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	--	0.000
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	--	0.000
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	--	0.000
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	--	0.000
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	--	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	--	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	--	0.000
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	--	0.000
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.000	0.003
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	--	0.000
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	--	0.000
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	--	0.000
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	--	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	--	0.000
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	--	0.000
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	--	0.000
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	--	0.000
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	--	0.000
43046	Candies, nougat, with almonds	14.0	1.0 piece	--	0.000
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	--	0.000
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	--	0.000
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	--	0.000
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	--	0.000
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	--	0.000
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	--	0.000
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	--	0.000
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	--	0.000
15045	Fish, lingcod, raw	85.0	3.0 oz	--	0.000
21251	BURGER KING, Cheeseburger	133.0	1.0 item	--	0.000
11413	Potato flour	160.0	1.0 cup	--	0.000
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	--	0.000
18434	Crackers, cheese, low sodium	14.2	0.5 oz	--	0.000
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	--	0.000
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	--	0.000
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	--	0.000
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01186	Cheese, cream, fat free	18.0	1.0 tbsp	--	0.000
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	--	0.000
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	--	0.000
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	--	0.000
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	--	0.000
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	--	0.000
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	--	0.000
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	--	0.000
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.000	0.001
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	--	0.000
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	--	0.000
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	--	0.000
02020	Spices, garlic powder	3.1	1.0 tsp	--	0.000
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	--	0.000
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	--	0.000
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	--	0.000
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	--	0.000
18170	Cookies, fig bars	28.35	1.0 oz	--	0.000
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	--	0.000
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	--	0.000
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	--	0.000
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	--	0.000
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	--	0.000
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	--	0.000
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	--	0.000
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	--	0.000
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.000	0.008
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	--	0.000
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	--	0.000
18264	English muffins, wheat	28.35	1.0 oz	--	0.000
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	--	0.000
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	--	0.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	--	0.000
01030	Cheese, muenster	132.0	1.0 cup, diced	--	0.000
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	--	0.000
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	--	0.000
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	--	0.000
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.000	0.001
12142	Nuts, pecans	109.0	1.0 cup, chopped	--	0.000
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	--	0.000
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	--	0.000
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.000	0.000
04529	Oil, almond	13.6	1.0 tablespoon	--	0.000
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	--	0.000
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.000	0.001
18372	Leavening agents, baking soda	4.6	1.0 tsp	--	0.000
36045	ON THE BORDER, refried beans	135.0	1.0 cup	--	0.000
09078	Cranberries, raw	110.0	1.0 cup, chopped	--	0.000
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	--	0.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	--	0.000
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.000	0.170
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	--	0.000
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	--	0.000
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	--	0.000
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	--	0.000
20075	Wheat, soft white	168.0	1.0 cup	--	0.000
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	--	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	--	0.000
11134	Cassava, raw	206.0	1.0 cup	--	0.000
11518	Taro, raw	104.0	1.0 cup, sliced	--	0.000
12147	Nuts, pine nuts, dried	135.0	1.0 cup	--	0.000
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	--	0.000
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	--	0.000
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	--	0.000
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	--	0.000
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	--	0.000
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	--	0.000
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	--	0.000
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	--	0.000
17224	Lamb, ground, raw	28.35	1.0 oz	--	0.000
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	--	0.000
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	--	0.000
27065	Dip, bean, original flavor	36.0	2.0 tbsp	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	--	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	--	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	--	0.000
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	--	0.000
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	--	0.000
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	--	0.000
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.000	--
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	--	0.000
19154	Candies, sesame crunch	28.35	1.0 oz	--	0.000
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	--	0.000
43134	Vegetarian fillets	85.0	1.0 fillet	--	0.000
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.000	0.008
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	--	0.000
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	--	0.000
01094	Milk, buttermilk, dried	30.0	0.25 cup	--	0.000
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	--	0.000
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	--	0.000
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	--	0.000
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	--	0.000
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	--	0.000
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	--	0.000
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	--	0.000
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	--	0.000
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	--	0.000
03172	Babyfood, juice, orange	31.2	1.0 fl oz	--	0.000
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	--	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	--	0.000
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	--	0.000
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	--	0.000
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	--	0.000
18065	Bread, wheat, toasted	28.35	1.0 oz	--	0.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	--	0.000
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	--	0.000
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	--	0.000
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	--	0.000
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	--	0.000
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	--	0.000
19107	Candies, hard	28.35	1.0 oz	--	0.000
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	--	0.000
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	--	0.000
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	--	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	--	0.000
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	--	0.000
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	--	0.000
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	--	0.000
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	--	0.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	--	0.000
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	--	0.000
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000	0.001
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	--	0.000
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	--	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	--	0.000
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	--	0.000
11945	Pickle relish, sweet	15.0	1.0 tbsp	--	0.000
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	--	0.000
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.000	0.001
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	--	0.000
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	--	0.000
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	--	0.000
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.000	0.010
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	--	0.000
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	--	0.000
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.000	0.032
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	--	0.000
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	--	0.000
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	--	0.000
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	--	0.000
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	--	0.000
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	--	0.000
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	--	0.000
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	--	0.000
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	--	0.000
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	--	0.000
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	--	0.000
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	--	0.000
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	--	0.000
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.000	0.003
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	--	0.000
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	--	0.000
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	--	0.000
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	--	0.000
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	--	0.000
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	--	0.000
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	--	0.000
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	--	0.000
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	--	0.000
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	--	0.000
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	--	0.000
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	--	0.000
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.000	0.003
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	--	0.000
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	--	0.000
16422	Soy protein isolate, potassium type	28.35	1.0 oz	--	0.000
18243	Croutons, seasoned	14.2	0.5 oz	--	0.000
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	--	0.000
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	--	0.000
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	--	0.000
01010	Cheese, cheshire	28.35	1.0 oz	--	0.000
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	--	0.000
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	--	0.000
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	--	0.000
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	--	0.000
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	--	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	--	0.000
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	--	0.000
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	--	0.000
18349	Rolls, french	28.35	1.0 oz	--	0.000
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	--	0.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	--	0.000
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	--	0.000
09050	Blueberries, raw	148.0	1.0 cup	--	0.000
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	--	0.000
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	--	0.000
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	--	0.000
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	--	0.000
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	--	0.000
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	--	0.000
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.000	0.003
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	--	0.000
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	--	0.000
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	--	0.000
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.000	0.000
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	--	0.000
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	--	0.000
09191	Nectarines, raw	143.0	1.0 cup slices	--	0.000
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	--	0.000
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.000	0.003
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.000	0.502
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	--	0.000
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	--	0.000
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.000	0.060
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	--	0.000
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	--	0.000
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	--	0.000
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	--	0.000
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	--	0.000
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	--	0.000
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	--	0.000
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	--	0.000
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	--	0.000
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	--	0.000
01070	Dessert topping, powdered	43.0	1.5 oz	--	0.000
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	--	0.000
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	--	0.000
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	--	0.000
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	--	0.000
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	--	0.000
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	--	0.000
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	--	0.000
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	--	0.000
22971	Potato salad with egg	125.0	0.5 cup	0.000	0.004
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	--	0.000
11969	Broccoli, chinese, cooked	88.0	1.0 cup	--	0.000
19296	Honey	339.0	1.0 cup	--	0.000
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	--	0.000
43406	Yeast extract spread	6.0	1.0 tsp	--	0.000
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	--	0.000
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	--	0.000
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	--	0.000
18038	Bread, oat bran, toasted	28.35	1.0 oz	--	0.000
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	--	0.000
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	--	0.000
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	--	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	--	0.000
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	--	0.000
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	--	0.000
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.003
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	--	0.000
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	--	0.000
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	--	0.000
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	--	0.000
02014	Spices, cumin seed	2.1	1.0 tsp, whole	--	0.000
19912	Sweetener, syrup, agave	6.9	1.0 tsp	--	0.000
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	--	0.000
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	--	0.000
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	--	0.000
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	--	0.000
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	--	0.000
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	--	0.000
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	--	0.000
09128	Grapefruit juice, white, raw	247.0	1.0 cup	--	0.000
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	--	0.000
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	--	0.000
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	--	0.000
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	--	0.000
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	--	0.000
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	--	0.000
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	--	0.000
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.000	0.007
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	--	0.000
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	--	0.000
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	--	0.000
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	--	0.000
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	--	0.000
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	--	0.000
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	--	0.000
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	--	0.000
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	--	0.000
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	--	0.000
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	--	0.000
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	--	0.000
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	--	0.000
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	--	0.000
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	--	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	--	0.000
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	--	0.000
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.000	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	--	0.000
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	--	0.000
43299	Soybean, curd cheese	225.0	1.0 cup	--	0.000
10005	Pork, fresh, belly, raw	28.35	1.0 oz	--	0.000
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.000	0.169
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	--	0.000
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	--	0.000
07960	Bologna, chicken, pork	28.0	1.0 serving	--	0.000
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	--	0.000
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	--	0.000
20071	Wheat, hard red spring	192.0	1.0 cup	--	0.000
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.000	0.010
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	--	0.000
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	--	0.000
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	--	0.000
19018	Fruit syrup	334.0	1.0 cup	--	0.000
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	--	0.000
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	--	0.000
09216	Orange peel, raw	6.0	1.0 tbsp	--	0.000
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	--	0.000
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	--	0.000
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	--	0.000
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	--	0.000
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	--	0.000
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	--	0.000
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	--	0.000
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	--	0.000
11278	Okra, raw	100.0	1.0 cup	--	0.000
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	--	0.000
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	--	0.000
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	--	0.000
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	--	0.000
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	--	0.000
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	--	0.000
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	--	0.000
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	--	0.000
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	--	0.000
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	--	0.000
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	--	0.000
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	--	0.000
07912	Roast beef spread	57.0	1.0 serving .25 cup	--	0.000
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	--	0.000
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	--	0.000
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.000	0.001
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	--	0.000
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	--	0.000
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	--	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	--	0.000
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	--	0.000
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	--	0.000
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	--	0.000
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000	0.002
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	--	0.000
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	--	0.000
18060	Bread, rye	28.35	1.0 oz	--	0.000
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	--	0.000
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	--	0.000
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	--	0.000
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	--	0.000
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.000	0.017
06150	Sauce, barbecue	17.0	1.0 tbsp	--	0.000
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	--	0.000
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	--	0.000
20013	Bulgur, cooked	182.0	1.0 cup	--	0.000
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.000	0.010
21268	TACO BELL, Nachos	80.0	1.0 serving	--	0.000
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	--	0.000
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	--	0.000
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	--	0.000
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.000	0.001
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	--	0.000
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	--	0.000
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	--	0.000
09156	Lemon peel, raw	6.0	1.0 tbsp	--	0.000
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	--	0.000
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	--	0.000
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	--	0.000
20466	Semolina, unenriched	167.0	1.0 cup	--	0.000
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.000	0.007
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	--	0.000
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	--	0.000
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	--	0.000
11655	Carrot juice, canned	236.0	1.0 cup	--	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	--	0.000
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.000	0.001
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
02037	Spices, saffron	0.7	1.0 tsp	--	0.000
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	--	0.000