USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 12:0 (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: March 15, 2016 14:08 EDT

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	25.382
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	24.658
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	23.443
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	22.147
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	21.386
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	14.641
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	12.667
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	11.886
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	11.713
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	10.825
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	8.688
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	8.115
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	7.266
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	6.627
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	6.589
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	6.392
01069	Cream substitute, powdered	94.0	1.0 cup	6.358
01070	Dessert topping, powdered	43.0	1.5 oz	6.238
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	6.163
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	6.079
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	6.050
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	6.013
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	5.950
04534	Oil, babassu	13.6	1.0 tbsp	5.916
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	5.911
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	5.782
04047	Oil, coconut	13.6	1.0 tbsp	5.690
01072	Dessert topping, pressurized	70.0	1.0 cup	5.610
19061	Snacks, trail mix, tropical	140.0	1.0 cup	5.404

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19071	Candies, carob, unsweetened	28.35	1.0 oz	5.003
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	5.002
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	4.995
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	4.952
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	4.855
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	4.582
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	4.277
19400	Snacks, banana chips	28.35	1.0 oz	4.227
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	3.823
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	3.755
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	3.603
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	3.467
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	3.431
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	3.323
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	3.311
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	3.207
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	3.159
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	3.041
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	2.963
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	2.679
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	2.638
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	2.630
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	2.552
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	2.510
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	2.501
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	2.308
01074	Sour cream, imitation, cultured	28.35	1.0 oz	2.307
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	2.292
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	2.246
21419	KFC, biscuit	49.0	1.0 biscuit	2.192
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	2.110
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	2.063
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.840
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	1.836
21142	Fast food, biscuit	55.0	1.0 biscuit	1.781
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.768

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	1.757
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	1.755
19059	Snacks, trail mix, regular	150.0	1.0 cup	1.755
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	1.752
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	1.744
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.738
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	1.737
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	1.702
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	1.659
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	1.604
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	1.588
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	1.564
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	1.559
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	1.505
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	1.430
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	1.410
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	1.390
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	1.357
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	1.334
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	1.300
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	1.290
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	1.260
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	1.245
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	1.243
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.234
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	1.211
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	1.182
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	1.179
01024	Cheese, limburger	134.0	1.0 cup	1.166
01040	Cheese, swiss	132.0	1.0 cup, diced	1.155
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	1.143
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	1.141
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	1.139
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	1.133
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	1.119
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	1.117

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14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	1.105
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	1.101
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	1.091
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.074
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.074
01020	Cheese, fontina	132.0	1.0 cup, diced	1.061
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	1.054
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	1.052
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	1.048
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	1.019
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	1.016
01034	Cheese, port de salut	132.0	1.0 cup, diced	1.014
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	1.005
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.992
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.984
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.938
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.920
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.903
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.902
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.885
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.869
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.869
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.859
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.857
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.851
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.847
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.840
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.840
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.828
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.825
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.825
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.794
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.792
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.786
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.784

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19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.781
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.773
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.767
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.760
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.750
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.747
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.737
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.733
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.726
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.714
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.709
08510	Milk and cereal bar	25.0	1.0 bar	0.680
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.676
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.672
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.672
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.671
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.671
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.669
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.666
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.664
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.664
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.656
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.644
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.642
01005	Cheese, brick	132.0	1.0 cup, diced	0.636
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.633
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.632
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.619
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.611
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.597
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.593
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.588
01109	Milk, sheep, fluid	245.0	1.0 cup	0.586
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.583
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.558

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01011	Cheese, colby	132.0	1.0 cup, diced	0.557
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.544
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.543
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.535
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.531
01025	Cheese, monterey	132.0	1.0 cup, diced	0.525
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.524
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.508
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.503
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.498
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.493
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.486
01030	Cheese, muenster	132.0	1.0 cup, diced	0.484
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.478
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.478
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.475
01035	Cheese, provolone	132.0	1.0 cup, diced	0.469
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.455
01156	Cheese, goat, hard type	28.35	1.0 oz	0.446
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.439
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.426
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.422
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.421
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.414
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.411
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.410
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.407
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.406
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.405
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.400
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.388
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.386
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.383
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.380
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.380

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.379
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.379
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.374
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.374
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.369
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.368
01039	Cheese, roquefort	28.35	1.0 oz	0.367
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.363
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.358
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.356
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.356
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.354
16104	Bacon, meatless	144.0	1.0 cup	0.353
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.349
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.348
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.347
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.344
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.344
01022	Cheese, gouda	28.35	1.0 oz	0.343
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.340
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.339
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.338
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.337
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.335
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.333
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.332
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.330
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.330
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.330
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.330
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.330
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.330
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.330
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.330
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.329

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.329
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.328
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.326
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.325
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.325
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.322
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.322
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.320
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.320
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.319
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.317
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.317
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.316
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.316
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.315
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.314
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.309
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.309
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.309
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.308
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.308
11658	Spinach souffle	136.0	1.0 cup	0.305
01041	Cheese, tilsit	28.35	1.0 oz	0.304
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.304
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.302
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.301
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.301
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.300
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.296
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.296
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.296
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.296
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.295
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.294

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.293
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.292
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.292
01238	Ice cream sandwich	70.0	1.0 serving	0.291
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.291
21083	Fast foods, taco salad	198.0	1.5 cup	0.289
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.286
01057	Eggnog	254.0	1.0 cup	0.284
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.282
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.281
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.280
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.278
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.277
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.276
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.276
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.275
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.274
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.274
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.272
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.271
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.270
01159	Cheese, goat, soft type	28.35	1.0 oz	0.264
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.259
01038	Cheese, romano	28.35	1.0 oz	0.258
01023	Cheese, gruyere	28.35	1.0 oz	0.258
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.257
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.257
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.256
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.254
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.253
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.253
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.252
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.251
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.251
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.251
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.249

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.247
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.247
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.246
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.245
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.245
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.244
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.244
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.243
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.242
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.241
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.241
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.241
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.240
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.238
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.237
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.237
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.237
01021	Cheese, gjetost	28.35	1.0 oz	0.236
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.235
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.234
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.234
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.233
11656	Corn pudding, home prepared	250.0	1.0 cup	0.232
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.232
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.231
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.230
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.230
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.229
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.228
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.228
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.228
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.226
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.226
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.225
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.223

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.223
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.222
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.222
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.221
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.221
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.220
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.220
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.220
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.220
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.220
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.220
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.220
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.220
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.219
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.219
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.218
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.218
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.217
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.217
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.216
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.216
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.216
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.215
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0.215
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.215
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.214
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.214
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.214
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.214
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.214
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.214
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.214
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.213

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.212
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.212
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.212
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.212
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.211
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.210
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.210
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.210
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.209
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.209
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.208
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.208
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.208
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	0.207
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.207
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.207
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.207
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.206
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.206
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.205
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.205
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.204
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.204
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.204
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.204
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.203
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.203
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.201
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.200
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.199
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.197
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.197
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.197

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.196
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.196
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.196
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.196
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.194
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.194
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.194
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.193
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.193
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.192
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.191
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.191
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.191
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.190
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.189
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.189
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.189
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.189
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.188
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.188
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.188
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.188
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.188
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.188
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.187
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.187
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.186
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.186
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.186
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.186
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.185

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.185
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.184
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.184
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.184
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.184
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.183
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.180
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.180
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.178
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.178
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.178
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.178
04536	Oil, sheanut	13.6	1.0 tablespoon	0.177
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.177
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.176
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.176
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.175
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.175
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.174
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.174
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.174
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.174
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.173
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.173
01031	Cheese, neufchatel	28.35	1.0 oz	0.172
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.172
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.171
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.170
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.168
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.168
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.168
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.167
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.166
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.166
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.166
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.166

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.165
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.164
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.164
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.164
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.164
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.163
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.162
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.161
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.160
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.160
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.160
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.159
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.159
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.158
43128	Chicken, meatless	168.0	1.0 cup	0.158
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.158
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.157
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.157
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.155
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.155
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.155
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.154
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.153
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.153
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.152
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.152
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.151
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.151
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.151
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.151
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.150
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.150
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.149
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.149
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.149
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.149

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
43134	Vegetarian fillets	85.0	1.0 fillet	0.148
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.148
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.148
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.148
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.147
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.147
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.146
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.146
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.146
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.146
18239	Croissants, butter	28.35	1.0 oz	0.146
01017	Cheese, cream	14.5	1.0 tbsp	0.146
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.146
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.145
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.144
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.144
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.144
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.144
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.143
01006	Cheese, brie	28.35	1.0 oz	0.143
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.142
01010	Cheese, cheshire	28.35	1.0 oz	0.142
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.142
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.141
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.141
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.141
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.141
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.141
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.141
01018	Cheese, edam	28.35	1.0 oz	0.141
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.140
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.139
01004	Cheese, blue	28.35	1.0 oz	0.139
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.139
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.138
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.138

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.137
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.137
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.137
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.137
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.136
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.135
01008	Cheese, caraway	28.35	1.0 oz	0.135
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.135
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.135
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.134
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.134
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.134
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.134
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.134
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.134
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.133
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.133
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.132
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.132
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.132
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.132
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.132
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.132
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.130
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.130
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.130
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.129
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.129
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.129
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.129
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.129
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.129
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.126
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.125
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.125
01007	Cheese, camembert	28.35	1.0 oz	0.125

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
43132	Meatballs, meatless	144.0	1.0 cup	0.125
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.125
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.125
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.125
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.125
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.125
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.124
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.124
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.124
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.123
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.123
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.123
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.123
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.123
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.123
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.122
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.122
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.122
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.122
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.121
18241	Croissants, cheese	28.35	1.0 oz	0.121
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.121
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.121
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.120
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.120
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.120
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.118
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.118
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.118
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.118
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.118
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.118
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)	0.118

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.117
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.116
04001	Fat, beef tallow	12.8	1.0 tbsp	0.115
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.115
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.115
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.115
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.114
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.113
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.113
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.113
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.112
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.112
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.112
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.112
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.112
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.112
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.111
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.111
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.110
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.110
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.110
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	0.109
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.108
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.108
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.107
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.107
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.107
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.107
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.106
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.106
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.106
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.105
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.105
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.104

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.104
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.104
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.104
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.104
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.104
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.104
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.103
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.102
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.102
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.102
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.102
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.102
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.102
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.102
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.102
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.101
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.101
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.101
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.101
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.100
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.100
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.099
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.099
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.099
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.099
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.099
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.098
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.098
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.098
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.098
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.098
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.098
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.097

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.097
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.096
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.096
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.096
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.096
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.096
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.095
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.095
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.094
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.094
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.094
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.094
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.094
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.094
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.093
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.093
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.093
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.093
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.093
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.092
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.092
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	0.091
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.091
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.091
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.090
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.090
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.090
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.089
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.089
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.089
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.089

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
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)	0.089
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.088
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.088
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.087
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.086
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.086
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)	0.085
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.085
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.085
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.085
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.085
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.085
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.085
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.085
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.085
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.084
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.084
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.083
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.082
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.082
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.082
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.082
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.082
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.081
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.081
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.081
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.081
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.081
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.080
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.080
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.080

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.079
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.079
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.079
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.079
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.078
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.078
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.078
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.077
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.077
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.077
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.077
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.076
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.076
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.076
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.076
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.076
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.076
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.076
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.076
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.076
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.076
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.076
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.076
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.075
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.074
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.073
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.073
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.073

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.073
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.073
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.073
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.073
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	0.073
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.073
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.072
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.072
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.072
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.072
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.072
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.071
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.071
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.071
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.071
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.071
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.070
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.070
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.070
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.070
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.070
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.070
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.070
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.069
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.069
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.069
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.069
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.069
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.069
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.068
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.068
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.068
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.068
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.068
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.068
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.068
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	0.068
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.068
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.067
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.067
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.067
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.066
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.066
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.066
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.066
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.066
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.065
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.065
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.064
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	0.064
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.064
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.064
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.064
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.064
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.063
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.063

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.063
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.063
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.063
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.063
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.062
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.062
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.062
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.062
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.062
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.062
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.061
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.061
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.061
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.061
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.061
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.061
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.061
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.060
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.060
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)	0.060
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.060
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.060
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.060
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.060
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.060
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.060
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.060
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.060
07059	Polish sausage, pork	85.0	3.0 oz	0.060
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.060
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.060
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.060
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.060
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.060
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	0.060
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.060
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.059
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.059
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.059
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.059
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.059
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.059
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.058
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.058
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.058
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.058
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.057
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.057
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.057
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.057
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.057
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.057
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.057
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.056
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.056
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.056
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.056
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)	0.056
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.056
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.056
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.056

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.056
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.055
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.055
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.055
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.055
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.055
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.055
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.055
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.054
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.054
16107	Sausage, meatless	25.0	1.0 link	0.054
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.054
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.054
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.054
07033	Ham and cheese spread	15.0	1.0 tbsp	0.054
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.054
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.054
18972	Bread, cheese	48.0	1.0 slice	0.053
04588	Oil, oat	13.6	1.0 tbsp	0.053
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.053
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.053
18240	Croissants, apple	28.35	1.0 oz	0.052
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.052
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.052
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.052
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.052
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.051
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.051
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.051
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.051
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.051
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.051
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.051
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.051

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.051
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.051
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.051
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.051
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.051
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.051
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.051
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.051
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.051
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.051
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.051
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.051
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.050
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.050
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.050
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.050
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.049
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.049
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.049
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.049
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.048
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.048
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	0.048
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.048
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.048
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.047

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.047
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.047
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.047
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.047
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.046
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.046
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.046
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.046
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.046
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.046
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.046
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.046
05305	Ground turkey, raw	453.6	1.0 lb	0.045
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.045
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)	0.045
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.045
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.045
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.045
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.045
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.045
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.044
18360	Taco shells, baked	12.9	1.0 shell	0.044
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)	0.044
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.044
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.044
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.043
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.043
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.043
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.043
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.043
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.042
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.042
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.042
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.042

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.042
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.042
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.042
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	0.042
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.042
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.042
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.042
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.042
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.042
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.042
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.042
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.042
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.042
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.042
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.042
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.042
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.042
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.042
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.042
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.042
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.042
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.042
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.042
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.042
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.041
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.041
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.041
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.041
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.041
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.041
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.041
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.041

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.041
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	0.041
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.041
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.041
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.041
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.040
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.040
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.040
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.040
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.040
01225	Dulce de Leche	19.0	1.0 tbsp	0.040
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.040
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.040
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.040
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.039
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.039
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.039
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.039
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.039
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	0.039
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.039
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.039
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	0.039
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.038
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.038
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.038
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.038
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.038
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.038
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.038
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.038
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.038
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.038
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.038

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.038
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.038
20038	Oats	156.0	1.0 cup	0.037
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.037
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.037
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.037
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.037
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.037
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.037
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.036
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.036
01179	Sour cream, light	12.0	1.0 tablespoon	0.036
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.036
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.036
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.036
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.036
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.035
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.035
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.035
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	0.035
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.034
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.034
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.034
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.034
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.034
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.034
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.034
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.034
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.034
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.034
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.034

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.034
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.034
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.034
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.034
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.034
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.034
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0.034
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.034
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.034
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.034
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.033
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.033
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.033
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.033
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)	0.033
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)	0.033
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.033
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.033
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.033
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.033
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.033
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.033
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.032
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.032
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.032
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.032
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.032
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.032
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.032
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.032
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.031
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.031
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.031
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	12:0(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	0.031
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.031
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.031
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.031
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.031
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.031
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.031
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	0.031
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.031
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.031
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.031
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.031
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.031
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)	0.030
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.030
20132	Oat flour, partially debranned	104.0	1.0 cup	0.030
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.030
07005	Blood sausage	100.0	4.0 slices	0.030
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.030
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.030
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.030
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.030
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.030
19070	Candies, butterscotch	28.35	1.0 oz	0.029
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.029
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.029
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.029
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.029
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.029
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.029
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.029
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.029
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.028

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.028
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.028
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.028
17224	Lamb, ground, raw	28.35	1.0 oz	0.028
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.028
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.028
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.028
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.028
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.028
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.028
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	0.028
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.028
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.028
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.028
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.028
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.028
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.028
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.028
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.028
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.028
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.028
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.028
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.028
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.028
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.028
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.028
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.028
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.028
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.028

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.028
05158	Quail, meat only, raw	92.0	1.0 quail	0.028
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.028
11414	Potato salad, home-prepared	250.0	1.0 cup	0.028
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	0.027
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.027
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.027
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.027
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.027
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.027
20069	Triticale	192.0	1.0 cup	0.027
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.027
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.027
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.027
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.026
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.026
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.026
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.026
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	0.026
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.026
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.026
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.026
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.026
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.026
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.026
04002	Lard	12.8	1.0 tbsp	0.026
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.026
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.026
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.026
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.026
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.026
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.026
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.026

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.026
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.026
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.026
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.026
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.026
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.026
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.026
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.026
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.026
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.026
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.026
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.026
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.026
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.026
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.026
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.026
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.026
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.026
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.026
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.026
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.026
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.026
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	0.026
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.026
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.026
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.026
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.026
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.026
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.026
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.026
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.026
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.026
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.025

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.025
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.025
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.025
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.025
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.025
03217	Zwieback	28.35	1.0 oz	0.025
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.025
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.025
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.025
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.025
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.025
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.024
20033	Oat bran, raw	94.0	1.0 cup	0.024
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.024
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.024
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.024
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.024
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.024
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.024
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.024
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.024
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.024
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.024
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	0.024
18245	Danish pastry, cheese	28.35	1.0 oz	0.024
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.024
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.024
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.024
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.024

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.024
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.024
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.023
36031	DENNY'S, onion rings	166.0	1.0 serving	0.023
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.023
36610	DENNY'S, french fries	165.0	1.0 serving	0.023
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.023
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.023
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.023
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.023
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.023
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.023
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.023
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.023
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.023
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.023
16005	Beans, baked, home prepared	253.0	1.0 cup	0.023
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.023
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.023
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.023
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.023
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.023
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.023
20060	Rice bran, crude	118.0	1.0 cup	0.022
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.022
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.022
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.022
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.022
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.022

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.022
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.022
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.022
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.022
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.022
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.022
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	0.022
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.022
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	0.022
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.022
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.022
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.022
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.022
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022
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)	0.022
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.022
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.021
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.021
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.021
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.021
04590	Fish oil, herring	13.6	1.0 tbsp	0.021
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0.021
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.021
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.021
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	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
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.021
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.021
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.021
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.021
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.021
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.021
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.021
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.021
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.021

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
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	0.021
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.021
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.021
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.021
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.021
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.021
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.021
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.021
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.021
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.021
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.021
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.021
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.020
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.020
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.020
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.020
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.020
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.020
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.020
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.020
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.020
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.020
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.020
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.020
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.020
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.020
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.020
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)	0.020
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.020
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.020
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.020
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.020
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.020
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.020
07050	Mortadella, beef, pork	28.35	1.0 oz	0.020
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.020
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.020
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.020
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.020
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.020
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.020
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.020
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
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.020
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.020
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.020
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.020
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.020
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	0.020
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.020
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.020
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.020
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.020
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.020
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.020
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.020
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.019
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.019
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.019
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	0.019
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.019
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	0.019

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.019
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.019
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.019
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.019
11413	Potato flour	160.0	1.0 cup	0.019
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.019
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)	0.019
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.019
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.019
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.019
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.019
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.019
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.019
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.019
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.019
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.019
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.019
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.019
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.019
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.019
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.019
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	0.019
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.019
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.019
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.018
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.018
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.018
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	0.018
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.018
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.018
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.018
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.018

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.018
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.018
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.018
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.018
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.018
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.018
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.018
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.018
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	0.018
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.018
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.018
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.018
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.018
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.018
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.018
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.018
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.018
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.018
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	0.018
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	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)	0.018
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.018
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.018
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)	0.018
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.018
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.018
01115	Whey, sweet, dried	145.0	1.0 cup	0.017
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.017
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.017
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0.017
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	0.017
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.017
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.017

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.017
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.017
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.017
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.017
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.017
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.017
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.017
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.017
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.017
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.017
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.017
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.017
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.017
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.017
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.017
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.017
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.017
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.017
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	0.017
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.017
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.017
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.017
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.017
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.017
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.017
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.017
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.017
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.017
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.017
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.017
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.017
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.017
20008	Buckwheat	170.0	1.0 cup	0.017

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.017
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.017
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.017
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.017
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.017
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.017
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.017
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	0.017
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.017
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.017
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.017
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.017
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.017
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.017
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.017
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.017
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.017
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.017
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.017
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.017
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.017
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.017
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.017
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.017
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	0.017
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.017
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.017
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.017
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.017
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	0.017
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.017
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.017
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.017
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.017

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.017
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.017
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.017
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.017
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.017
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.017
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.017
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.017
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.017
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.017
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.017
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.017
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.017
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.017
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.017
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.016
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.016
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.016
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.016
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.016
03213	Babyfood, cookies	28.35	1.0 oz	0.016
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	0.016
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.016
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.016
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	0.016
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.016
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.016
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	0.016
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.016
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.016
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.016
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.016
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.016
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.016
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.016
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.016

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.016
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.016
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.016
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.016
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.016
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.016
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.016
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.016
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.015
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.015
16059	Chili with beans, canned	256.0	1.0 cup	0.015
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.015
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.015
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.015
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.015
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	0.015
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.015
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.015
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	0.015
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	0.015
15094	Fish, shad, american, raw	85.0	3.0 oz	0.015
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.015
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.015
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.015
21268	TACO BELL, Nachos	80.0	1.0 serving	0.015
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.015
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.015
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.015
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.015
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.015
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.015
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.015
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.015

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.015
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.015
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.015
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.015
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.015
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.015
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.015
18103	Coffeecake, cheese	28.35	1.0 oz	0.015
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.015
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.015
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.014
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.014
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	0.014
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	0.014
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.014
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.014
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	0.014
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.014
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.014
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.014
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.014
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	0.014
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.014
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.014
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.014
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	0.014
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.014
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.014
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.014
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.014
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.014
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.014
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.014
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.014
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.014
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.014
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.014
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.014
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.014
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.014
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.014
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.014
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.014
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.014
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
11683	Carrot, dehydrated	74.0	1.0 cup	0.014
04594	Fish oil, sardine	13.6	1.0 tbsp	0.014
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.014
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.014
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.014
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.014
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.014
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.014
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.014
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.014
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.014
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.014
18355	Sweet rolls, cheese	28.35	1.0 oz	0.014
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.014
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.014
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	0.014
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.014
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.014
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.014
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	0.014
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.014
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.014
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	0.014
04516	Oil, teaseed	13.6	1.0 tablespoon	0.014
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.014
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.014
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.014
04055	Oil, palm	13.6	1.0 tbsp	0.014
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
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	0.014
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.014
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.014
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.014
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.014
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.014
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.014
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.014
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.014
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.013
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.013
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.013
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.013
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.013
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.013
43282	Quail, cooked, total edible	28.35	1.0 oz	0.013

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.013
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.013
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.013
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.013
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.013
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.013
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.013
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.013
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.013
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.013
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.013
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.013
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.013
07008	Bologna, beef and pork	100.0	3.527 oz	0.013
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.013
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.013
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.013
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.013
04542	Fat, chicken	12.8	1.0 tbsp	0.013
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.013
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.013
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.013
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.013
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.013
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.013
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.013
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	0.013
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.013
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.013
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.013
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.013
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	0.013
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.013
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.013

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.013
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.013
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.013
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.013
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.013
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.013
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.013
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.013
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.013
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	0.013
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.013
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.013
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.013
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.013
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.013
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.013
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.013
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
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	0.013
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.013
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.013
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.013
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	0.013
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.013
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.013
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.012
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.012
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.012
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.012
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.012
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.012

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.012
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.012
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.012
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.012
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.012
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.012
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.012
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.012
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.012
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.012
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.012
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)	0.012
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.012
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.012
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.012
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.012
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.012
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.012
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.012
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	0.012
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.012
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.012
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.012
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.012
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.012
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.012
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.012
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.012
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.012
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.012

NDB_No	Description	Weight(g)	Measure	12:0(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	0.012
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.012
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.012
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.012
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.012
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	0.012
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.012
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.012
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.012
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
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.012
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.012
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.012
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.011
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.011
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.011
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.011
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
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	0.011
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.011
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)	0.011
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.011
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.011
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.011
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.011
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.011
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.011
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.011
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.011
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.011
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.011
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.011
07040	Liver cheese, pork	28.35	1.0 oz	0.011
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.011

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17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.011
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.011
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
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.011
07921	Bacon and beef sticks	28.0	1.0 oz	0.011
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.011
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)	0.011
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.011
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.011
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.011
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.011
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.011
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.011
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.011
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.011
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.011
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.011
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.011
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	0.011
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.011
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.011
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.011
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.011
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	0.011
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.011
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.011
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.011
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.011
20004	Barley, hulled	184.0	1.0 cup	0.011
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.011

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05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.011
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0.011
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.011
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.011
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.011
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.011
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.011
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.011
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.011
09446	Plantains, green, fried	118.0	1.0 cup	0.011
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.011
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.011
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.010
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.010
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.010
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.010
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.010
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.010
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.010
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.010
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)	0.010
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.010
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.010
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.010
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.010
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.010
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.010
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.010
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.010
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.010
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.010
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.010
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.010

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.010
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.010
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	0.010
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.010
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.010
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.010
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.010
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.010
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	0.010
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.010
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.010
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.010
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.010
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.010
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	0.010
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.010
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.010
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.010
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.010
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.010
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.010
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.010
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.010
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.010
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.010
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.010
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.010
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.010
01114	Whey, sweet, fluid	246.0	1.0 cup	0.010
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.010
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.010
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.010
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.010

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.010
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.010
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.010
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.010
21140	Side dishes, potato salad	95.0	0.333 cup	0.010
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.010
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.009
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.009
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.009
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.009
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.009
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.009
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.009
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.009
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	0.009
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.009
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.009
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.009
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.009
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.009
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.009
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	0.009
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.009
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.009
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.009
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.009
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	0.009
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	0.009
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.009
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.009
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.009
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	0.009

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.009
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.009
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.009
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.009
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.009
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.009
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.009
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.009
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.009
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.009
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.009
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.009
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.009
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.009
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.009
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.009
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.009
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.009
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
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.009
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.009
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.009
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.009
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.009
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.009
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.009
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.009
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.009
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.009
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.009
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.009
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.009
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.009

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13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.009
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.009
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.009
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.009
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.009
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.009
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.009
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
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.009
18243	Croutons, seasoned	14.2	0.5 oz	0.009
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.009
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)	0.009
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.009
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.009
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.009
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.009
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.009
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.009
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.009
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.009
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.009
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.009
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.009
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.009
07030	Ham, minced	28.35	1.0 oz	0.009
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.009
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.009
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.009
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.009
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.009
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.009
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.009
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.008
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.008
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.008

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23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.008
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.008
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.008
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.008
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.008
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.008
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.008
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.008
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.008
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	0.008
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.008
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.008
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.008
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.008
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.008
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.008
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.008
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.008
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.008
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.008
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.008
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	0.008
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.008
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.008
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.008
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.008
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.008
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.008
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.008
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.008
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0.008
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.008
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.008
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.008
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.008
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.008
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.008
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.008
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.008
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.008
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.008
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.008
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.008
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.008
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.008
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.008
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.008
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.008
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.008
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.008
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.008
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.008
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.008
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.008
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.008
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.008
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.008
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.008
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.008
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.008
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.008
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.008
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.008
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.008
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.008
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.008
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.008
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.008
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.008
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
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	0.008
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.008
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.008
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	0.008
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.008
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.008
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.008
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.008
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.008
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.008
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.008
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.008
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.008
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.008
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
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.008
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.008
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.008
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.008
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.008
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.008
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008
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	0.008
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.008
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.008
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.008
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	0.008
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.008
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.008
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.008
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
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.008
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.008
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.008
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.008
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.008
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.008
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.008
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.008
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.008
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.008
20131	Barley malt flour	162.0	1.0 cup	0.008
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.008
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.008
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.008
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)	0.008
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.008
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.008
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.008
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.008
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.008
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	0.008

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.008
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.008
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.008
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.008
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.008
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.008
17373	Lamb, New Zealand, imported, heart, raw	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
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.008
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.008
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.008
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.008
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.008
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.008
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.008
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.008
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
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.008
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.008
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.008
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.008
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.008
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.008
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.008
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.008
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008
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	0.008
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	0.008
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.008
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
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	0.008
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.008
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	0.008
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	12:0(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	0.008
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.008
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.008
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
17142	Veal, ground, raw	85.0	3.0 oz	0.008
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.008
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.008
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.008
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	0.008
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.008
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
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	0.008
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	0.008
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.008
15074	Fish, sablefish, raw	85.0	3.0 oz	0.008
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	0.008
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	0.008
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.008
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.008
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	0.008
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.008
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.008
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.008
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.008
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.008
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.008
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.008
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.008
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.007
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.007
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.007
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.007
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.007
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.007

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.007
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.007
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.007
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.007
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.007
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.007
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.007
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.007
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.007
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.007
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.007
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.007
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.007
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.007
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.007
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.007
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0.007
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.007
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.007
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.007
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.007
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.007
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.007
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.007
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.007
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.007
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.007
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.007
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.007
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.007
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.007
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.007
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.007
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.007
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.007

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.007
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.007
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	0.007
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.007
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.007
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.007
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.007
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.007
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.007
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.007
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.007
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.007
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.007
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.007
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.007
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.007
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.007
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.007
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.007
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.007
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.007
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.007
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.007
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.007
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.007
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.007
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.007
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.007
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.007
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.007
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.007
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	0.007

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.007
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.007
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.007
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.007
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.007
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.007
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.007
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.007
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.007
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.007
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.007
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.007
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.007
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.007
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.007
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.007
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	0.007
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.007
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.007
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.007
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.007
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.007
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.007
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.007
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.007
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.007
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.007
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)	0.007
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.007
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.007
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.007
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.007
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.007
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.007

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
20034	Oat bran, cooked	219.0	1.0 cup	0.007
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.007
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.007
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.007
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.007
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.006
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.006
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.006
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.006
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)	0.006
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.006
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.006
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.006
07974	Bacon, turkey, low sodium	15.0	1.0 serving	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)	0.006
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.006
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.006
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.006
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.006
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.006
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.006
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.006
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.006
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.006
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.006
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.006
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.006
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.006
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.006
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.006
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.006
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.006
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.006
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.006

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.006
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.006
07007	Bologna, beef	30.0	1.0 slice	0.006
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	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)	0.006
20031	Millet, raw	200.0	1.0 cup	0.006
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.006
20005	Barley, pearled, raw	200.0	1.0 cup	0.006
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.006
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.006
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.006
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.006
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.006
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.006
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.006
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.006
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.006
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.006
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.006
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.006
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.006
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.006
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.006
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.006
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.006
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.006
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.006
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.006
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	0.006
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.006
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.006
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.006
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.006
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.006

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.006
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.006
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.006
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.006
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.006
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.006
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.006
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	0.006
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.006
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.006
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	0.006
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.006
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.006
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.006
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.006
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.006
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.006
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.006
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.006
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.006
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.006
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.006
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.006
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.006
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.006
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.006
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.006
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.006
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.006
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.006
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.006
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.006
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.006
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.006

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
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	0.006
15110	Fish, swordfish, raw	85.0	3.0 oz	0.006
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.006
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.006
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.006
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.006
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.006
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.006
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.006
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.006
20130	Barley flour or meal	148.0	1.0 cup	0.006
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.006
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.006
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.006
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.006
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
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.006
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.006
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)	0.006
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.006
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.006
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.006
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.006
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.006
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.006
07052	Pastrami, turkey	57.0	2.0 slices	0.006
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.006
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.006
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.006
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.006
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.006

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.006
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.006
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.006
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.006
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.006
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.006
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.006
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.006
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.006
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.006
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.006
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.006
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.006
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.006
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.006
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.006
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.006
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.006
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.006
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.006
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.006
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.006
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.006
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.006
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.006
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.006
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.006
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.006
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.006
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.006
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.006
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.006
07971	Bologna, meat and poultry	33.0	1.0 slice	0.006
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.006
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.006

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.006
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")	0.006
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.006
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.006
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.006
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.006
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.005
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.005
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.005
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.005
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.005
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.005
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.005
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.005
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.005
18064	Bread, wheat	28.35	1.0 oz	0.005
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.005
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.005
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.005
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.005
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.005
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.005
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.005
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.005
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)	0.005
42161	Bologna, beef, low fat	28.0	1.0 slice	0.005
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.005
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.005
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.005
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.005
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.005
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.005
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
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0.005
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.005

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.005
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.005
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.005
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.005
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.005
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.005
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.005
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.005
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.005
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.005
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.005
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.005
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	0.005
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.005
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.005
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	0.005
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.005
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.005
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.005
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.005
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.005
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.005
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.005
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.005
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.005
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.005
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.005
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.005
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.005
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.005
07024	Frankfurter, chicken	85.0	3.0 oz	0.005
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	0.005
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.005
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.005
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.005

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.005
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.005
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.005
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.005
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.005
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.005
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.005
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.005
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.005
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.005
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.005
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.005
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.005
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.005
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.005
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.005
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.005
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.005
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.005
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.005
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.005
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.005
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.005
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.005
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.005
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0.005
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.005
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.005
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.005
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.005
09229	Papaya nectar, canned	250.0	1.0 cup	0.005
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.005

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.005
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.005
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.005
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.005
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.005
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.005
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.005
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.005
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.005
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.005
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.005
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.005
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.005
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.005
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.005
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.005
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.005
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.005
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.005
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.005
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.005
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.005
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.005
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.005
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.005
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.005
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.005
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.005
07070	Salami, cooked, turkey	28.0	1.0 serving	0.005
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.005
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.005
20090	Rice flour, brown	158.0	1.0 cup	0.005
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.005
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.005
11655	Carrot juice, canned	236.0	1.0 cup	0.005
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.005

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.005
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.005
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.005
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.005
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.005
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.005
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.005
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.005
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.005
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.005
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.005
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.005
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.005
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.005
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.005
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.005
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.005
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.005
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.005
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.005
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.005
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.005
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.005
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.005
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.005
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.005
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.005
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.005
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.005
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.005
09040	Bananas, raw	225.0	1.0 cup, mashed	0.005
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.005
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.005
11118	Cabbage, kimchi	150.0	1.0 cup	0.005

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.004
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.004
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.004
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.004
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.004
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.004
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.004
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.004
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.004
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.004
18214	Crackers, cheese, regular	14.2	0.5 oz	0.004
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.004
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.004
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.004
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.004
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.004
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.004
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.004
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.004
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.004
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.004
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.004
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.004
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.004
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.004
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.004
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.004
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.004
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.004
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.004
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.004
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.004
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.004
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.004
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.004
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.004
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.004
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.004
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.004
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.004
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.004
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.004
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.004
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.004
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.004
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.004
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.004
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.004
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.004
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.004
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.004
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.004
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.004
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.004
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.004
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.004
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.004
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	0.004
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.004
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.004
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.004
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.004
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.004
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.004
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	0.004
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.004
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.004
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.004
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.004
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.004
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.004
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.004
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.004
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	0.004
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.004
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.004
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.004
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.004
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.004
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.004
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.004
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	0.004
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.004
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.004
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.004
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.004
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.004
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.004
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.004
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.004
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
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.004
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.004
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.004
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.004
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.004
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.004
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.004
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.004
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.004
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.004

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.004
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.004
05335	Chicken, feet, boiled	28.35	1.0 oz	0.004
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.004
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.004
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.004
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.004
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.004
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.004
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.004
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.004
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.004
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.004
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.004
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.004
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.004
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.004
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.004
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.004
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.004
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.004
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.004
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
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.004
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.004
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.004
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	0.004
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.004
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.004
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.004
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.004
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.004
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.004
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.004
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.004
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.004
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.004
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.004
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.004
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.004
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.004
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.004
18967	Bread, white wheat	28.0	1.0 slice	0.004
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.004
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.004
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.004
18952	Tostada shells, corn	12.3	1.0 piece	0.004
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.004
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.004
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.004
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.003
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.003
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.003
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.003
01113	Whey, acid, dried	57.0	1.0 cup	0.003
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.003
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.003
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.003
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.003
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.003
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.003
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.003
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.003
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.003
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.003
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.003
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	0.003

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.003
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.003
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.003
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.003
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.003
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.003
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.003
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.003
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.003
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.003
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.003
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.003
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	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
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.003
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.003
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.003
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.003
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.003
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.003
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.003
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.003
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.003
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.003
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.003
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.003
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.003
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.003

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.003
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.003
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
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
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.003
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.003
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.003
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.003
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.003
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.003
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.003
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.003
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.003
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.003
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.003
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.003
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.003
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.003
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.003
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.003
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.003
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	0.003
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.003
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.003
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.003
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.003
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.003
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.003
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.003
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.003
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)	0.003

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
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)	0.003
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.003
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.003
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.003
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.003
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.003
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.003
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.003
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.003
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.003
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	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)	0.003
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.003
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.003
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.003
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.003
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.003
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	0.003
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.003
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.003
05311	Chicken, canned, no broth	28.0	1.0 oz	0.003
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.003
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.003
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.003
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.003
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.003
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.003
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.003
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.003

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.003
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.003
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.003
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.003
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.003
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.003
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.003
21249	BURGER KING, french fries	74.0	1.0 small serving	0.003
09277	Plantains, raw	148.0	1.0 cup, sliced	0.003
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.003
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.003
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.003
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.003
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.003
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.003
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.003
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
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.003
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.003
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.003
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.003
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.003
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.003
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.003
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.003
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.003
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.003
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.003
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.003
07026	Ham, chopped, canned	28.35	1.0 oz	0.003
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.003
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.003
17170	Game meat, horse, raw	28.35	1.0 oz	0.003
07061	Mother's loaf, pork	28.35	1.0 oz	0.003
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.003

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.003
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.003
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.003
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.003
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.003
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.003
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.003
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.003
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.003
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.003
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.003
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.003
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.003
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.003
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.003
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.003
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.003
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.003
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.003
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.003
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.003
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.003
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.003
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.003
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.003
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.003
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.003
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.003
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.003
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.003
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.003
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.003
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.003
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.003
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.003
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.003

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.003
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.003
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	0.003
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.003
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.003
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.003
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.003
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.003
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.003
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.003
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.003
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.003
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.003
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.003
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.003
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.003
18459	Breakfast tart, low fat	52.0	1.0 tart	0.003
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.003
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.003
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.003
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.003
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.003
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.003
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.003
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.003
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.003
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	0.003
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.003
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.003
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.003
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.003
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	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	0.003

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.003
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
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.003
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.003
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.003
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.003
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.003
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.003
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.003
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.003
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.003
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.003
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.003
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.003
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.003
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.003
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.003
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.003
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.003
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.003
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.003
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.003
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.003

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.003
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
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	0.003
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.003
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	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
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
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.003
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.003
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003
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
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.003
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.003
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.003
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.003
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.003
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.003
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.003
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
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
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
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.003
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.003
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.003
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.003
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.003
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.002
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.002
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.002
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.002
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.002
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.002
01112	Whey, acid, fluid	246.0	1.0 cup	0.002
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.002
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.002
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.002
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.002
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.002
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.002
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.002
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.002
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.002
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.002
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.002
09152	Lemon juice, raw	244.0	1.0 cup	0.002
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.002
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.002
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.002
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.002
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.002
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.002
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.002
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.002
21416	POPEYES, Coleslaw	120.0	1.0 package	0.002
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.002
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.002
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.002
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.002
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.002
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.002
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.002
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.002
07951	Scrapple, pork	17.0	1.0 cubic inch	0.002
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.002
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.002
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.002
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.002
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.002
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.002
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.002
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.002
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.002
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.002
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.002
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.002
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.002
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.002
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
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.002
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.002
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.002
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.002
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
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.002
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.002
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.002
07939	Frankfurter, pork	76.0	1.0 link	0.002
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.002
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.002
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.002
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.002
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.002
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.002
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.002
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.002
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.002
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.002
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.002
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.002
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.002
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.002
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.002
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.002
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	0.002
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.002
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.002
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.002
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.002
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.002
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.002
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.002
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.002
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.002
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.002
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.002
02009	Spices, chili powder	2.7	1.0 tsp	0.002
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.002
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.002
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.002
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.002
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.002
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.002
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.002
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.002
02038	Spices, sage, ground	0.7	1.0 tsp	0.002
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.002
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.002
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.002
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.002
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.002
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.002
11134	Cassava, raw	206.0	1.0 cup	0.002
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.002
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.002
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.002
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.002
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)	0.002
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.002
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.002
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.002
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.002
06126	Gravy, turkey, dry	7.0	1.0 serving	0.002
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.002
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.002
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.002
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.002
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.002
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.002
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.002
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.002
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.002
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.002
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.002
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.002
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.002
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.002
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.002
07025	Frankfurter, turkey	28.35	1.0 oz	0.002
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.002
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.002
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.002
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.002
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.002
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.002
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.002
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.002
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.002
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.002
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.002
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.002
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.002
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.002
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.002
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.002
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.002
20067	Sorghum grain	192.0	1.0 cup	0.002
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.002
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.002
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.002
21127	Fast foods, coleslaw	191.0	1.0 cup	0.002
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.002
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.002
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.002
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.002
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.002
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.002
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.002
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.002
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.002
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
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.002
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.002
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.002
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.002
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.002
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.002
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.002
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.002
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.002
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.002
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.002
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.002
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.002
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.002
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.002
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.002
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.002
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.002
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.002
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.002
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.002
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.002
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.002
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.002
20032	Millet, cooked	174.0	1.0 cup	0.002
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.002
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.002
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.002
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.002
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.002
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.002
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.002
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.002
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.002
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.002
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.002
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.002
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.002
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.002
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.002
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.002
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.002
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.002
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.002
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.002
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002
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
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.002
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.002
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.002
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.002
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.002
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.002
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.002
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.002
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.002
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.002
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.002
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.002
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.002
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	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	0.002
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.002
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.002
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.002
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.002
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.002
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.002
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.002
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.002
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.002
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.002
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.002
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.002
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.002
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.002
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)	0.002
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002
09205	Oranges, raw, with peel	170.0	1.0 cup	0.002
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.002
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.002
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.002
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.002
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.002
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.002
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.002
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.002
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.002
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.002
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.002
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.002
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.002
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.002
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.002
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.002
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.002
09176	Mangos, raw	165.0	1.0 cup pieces	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.002
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.002
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.002
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.002
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.002
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.002
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.002
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.002
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.002
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.002
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.002
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.002
20006	Barley, pearled, cooked	157.0	1.0 cup	0.002
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.002
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.002
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.002
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.002
02028	Spices, paprika	2.3	1.0 tsp	0.002
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.002
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.002
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.002
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.002
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.002
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.002
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.002
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	0.002
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.002
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.002
09326	Watermelon, raw	154.0	1.0 cup, balls	0.002
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.002
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.002
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)	0.002
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.002
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	0.002

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
07031	Ham salad spread	15.0	1.0 tbsp	0.002
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.002
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.002
09174	Loquats, raw	149.0	1.0 cup, cubed	0.001
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.001
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.001
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.001
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.001
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.001
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.001
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.001
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.001
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.001
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.001
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.001
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.001
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.001
18223	Crackers, milk	14.2	0.5 oz	0.001
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.001
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.001
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.001
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.001
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.001
18039	Bread, oatmeal	28.35	1.0 oz	0.001
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.001
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.001
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.001
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
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.001
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.001
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.001
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.001
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0.001
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.001
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.001
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.001

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.001
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.001
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.001
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.001
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.001
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.001
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.001
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.001
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.001
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.001
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.001
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.001
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0.001
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.001
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.001
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.001
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.001
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.001
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.001
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.001
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.001
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.001
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.001
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.001
02021	Spices, ginger, ground	1.8	1.0 tsp	0.001
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.001
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.001
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.001
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.001
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.001
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.001
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.001
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.001
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.001

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.001
20647	Millet flour	119.0	1.0 cup	0.001
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.001
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.001
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.001
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.001
20077	Wheat bran, crude	58.0	1.0 cup	0.001
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.001
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.001
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.001
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.001
11362	Potatoes, raw, skin	38.0	1.0 skin	0.001
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.001
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.001
18172	Cookies, gingersnaps	28.35	1.0 oz	0.001
18021	Bread, boston brown, canned	28.35	1.0 oz	0.001
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.001
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.001
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.001
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.001
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.001
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.001
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.001
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.001
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.001
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.001
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.001
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.001
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.001
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.001
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.001
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.001
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.001
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.001
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.001
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.001

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.001
09077	Crabapples, raw	110.0	1.0 cup slices	0.001
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.001
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.001
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.001
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.001
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.001
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.001
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.001
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.001
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.001
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.001
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.001
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.001
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.001
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.001
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.001
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.001
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.001
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.001
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.001
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.001
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.001
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.001
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.001
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.001
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.001
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.001
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.001
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.001
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.001
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.001
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.001
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.001
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.001
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.001

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.001
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.001
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.001
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.001
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.001
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.001
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.001
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.001
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.001
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.001
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	0.001
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.001
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.001
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.001
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.001
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.001
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.001
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.001
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.001
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.001
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.001
12071	Nuts, almond paste	28.35	1.0 oz	0.001
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.001
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.001
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.001
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.001
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.001
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.001
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.001
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.001
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.001
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.001
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.001
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.001
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.001

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.001
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.001
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.001
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.001
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.001
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.001
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.001
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.001
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.001
15033	Fish, haddock, raw	85.0	3.0 oz	0.001
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.001
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.001
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.001
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.001
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.001
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.001
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.001
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.001
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.001
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.001
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.001
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.001
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.001
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.001
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.001
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.001
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.001
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.001
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.001
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.001
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.001
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.001
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.001
11216	Ginger root, raw	2.0	1.0 tsp	0.001
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.001

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.001
02011	Spices, cloves, ground	2.1	1.0 tsp	0.001
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.001
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.001
11161	Collards, raw	36.0	1.0 cup, chopped	0.001
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.001
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.001
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.001
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.001
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.001
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.001
43483	Millet, puffed	21.0	1.0 cup	0.001
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.001
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.001
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.001
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.001
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.001
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.001
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.001
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.001
18037	Bread, oat bran	28.35	1.0 oz	0.001
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.001
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.001
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.001
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.001
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.001
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.001
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.001
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.001
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.001
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.001
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.001
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.001
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.001
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.001
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.001

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.001
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.001
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.001
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.001
18283	Muffins, oat bran	28.35	1.0 oz	0.001
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.001
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.001
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.001
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.001
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.001
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.001
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.001
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.001
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.001
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.001
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.001
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.001
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.001
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.001
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.001
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.001
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.001
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.001
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.001
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.001
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 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
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.000
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.000
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.000
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.000
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.000
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.000
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.000
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.000
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.000
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.000
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.000
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.000
02007	Spices, celery seed	2.0	1.0 tsp	0.000
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.000
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.000
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.000
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.000
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.000
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.000
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.000
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.000
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.000
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.000
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.000
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.000
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.000
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.000
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.000
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.000
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.000
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.000
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.000
02049	Thyme, fresh	0.8	1.0 tsp	0.000
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.000
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.000
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.000
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.000
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.000
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.000
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.000
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.000
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.000
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.000
11960	Carrots, baby, raw	15.0	1.0 large	0.000
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	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
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.000
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.000
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.000
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.000
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.000
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.000
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.000
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.000
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.000
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	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
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.000
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.000
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.000
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.000
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.000
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.000
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.000
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.000
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.000
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.000
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.000
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.000
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.000
18028	Bread, egg, toasted	28.35	1.0 oz	0.000
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.000
18264	English muffins, wheat	28.35	1.0 oz	0.000
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.000
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.000
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.000
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.000
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.000
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.000
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.000
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.000
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.000
18059	Bread, rice bran	28.35	1.0 oz	0.000
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.000
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.000
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.000
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.000
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.000
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.000
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.000
18025	Bread, cracked-wheat	28.35	1.0 oz	0.000
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.000
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.000
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.000
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.000
18344	Rolls, dinner, egg	28.35	1.0 oz	0.000
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.000
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.000
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.000
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.000
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.000
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.000
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.000
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.000
18354	Strudel, apple	28.35	1.0 oz	0.000
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.000
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.000
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.000
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.000
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
18266	English muffins, whole-wheat	28.35	1.0 oz	0.000
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.000
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.000
18027	Bread, egg	28.35	1.0 oz	0.000
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.000
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.000
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.000
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.000
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.000
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.000
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.000
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.000
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.000
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.000
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.000
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.000
27066	Sauce, horseradish	5.6	1.0 tsp	0.000
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.000
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.000
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.000
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.000
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.000
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.000
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.000
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.000
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.000
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.000
02005	Spices, caraway seed	2.1	1.0 tsp	0.000
02016	Spices, dill seed	2.1	1.0 tsp	0.000
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.000
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.000
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.000
19294	Fruit butters, apple	17.0	1.0 tbsp	0.000
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.000
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.000
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.000
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.000
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.000
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.000
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.000
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.000
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.000
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.000
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.000
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.000
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.000
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.000
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.000
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.000
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.000
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.000
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.000
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.000
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.000
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.000
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.000
18242	Croutons, plain	14.2	0.5 oz	0.000
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.000
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.000
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.000
02055	Horseradish, prepared	5.0	1.0 tsp	0.000
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.000
02063	Rosemary, fresh	0.7	1.0 tsp	0.000
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.000
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.000
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.000
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.000
11959	Arugula, raw	2.0	1.0 leaf	0.000
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.000
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.000
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.000
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.000
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.000
02045	Dill weed, fresh	1.0	5.0 sprigs	0.000
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.000
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.000
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.000
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	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
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.000
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
19304	Molasses	337.0	1.0 cup	0.000
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.000
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.000
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.000
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.000
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.000
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.000
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.000
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.000
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.000
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.000
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.000
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	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
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.000
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.000
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
20071	Wheat, hard red spring	192.0	1.0 cup	0.000
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.000
11954	Tomatillos, raw	34.0	1.0 medium	0.000
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.000
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.000
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.000
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.000
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.000
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.000
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.000
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.000
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.000
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.000
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.000
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.000
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.000
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.000
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.000
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.000
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.000
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.000
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.000
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.000
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.000
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.000
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.000
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.000
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.000
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	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
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.000
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.000
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.000
35147	Tamales (Navajo)	186.0	1.0 piece	0.000
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	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	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.000
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0.000
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.000
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.000
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.000
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.000
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.000
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.000
09279	Plums, raw	165.0	1.0 cup, sliced	0.000
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.000
06114	Gravy, au jus, canned	59.0	0.25 cup	0.000
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.000
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.000
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.000
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.000
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.000
09090	Figs, canned, water pack, solids and liquids	248.0	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
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.000
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.000
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.000
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.000
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.000
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.000
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.000
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.000
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.000
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	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	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.000
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.000
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.000
43109	Pretzels, soft	143.0	1.0 large	0.000
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.000
02001	Spices, allspice, ground	1.9	1.0 tsp	0.000
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.000
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.000
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	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
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.000
09043	Blackberry juice, canned	250.0	1.0 cup	0.000
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.000
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.000
05621	Emu, ground, raw	117.0	1.0 patty	0.000
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.000
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	0.000
18061	Bread, rye, toasted	28.35	1.0 oz	0.000
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.000
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.000
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.000
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.000
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.000
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.000
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.000
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.000
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
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.000
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.000
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.000
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.000
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	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	0.000
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.000
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.000
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.000
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.000
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.000
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.000
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.000
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.000
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.000
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	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
19137	Toppings, strawberry	42.0	2.0 tbsp	0.000
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.000
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.000
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.000
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.000
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.000
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.000
18235	Crackers, whole-wheat	28.0	1.0 serving	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
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.000
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	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	0.000
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.000
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.000
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.000
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.000
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.000
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.000
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.000
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.000
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.000
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.000
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.000
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.000
09206	Orange juice, raw	248.0	1.0 cup	0.000
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.000
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.000
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.000
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.000
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.000
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.000
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.000
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.000
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.000
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.000
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.000
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.000
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.000
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.000
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.000
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.000
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.000
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.000
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.000
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.000
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 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
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.000
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.000
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.000
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
09143	Guava sauce, cooked	238.0	1.0 cup	0.000
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.000
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.000
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0.000
11143	Celery, raw	101.0	1.0 cup chopped	0.000
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.000
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.000
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.000
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.000
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.000
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.000
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.000
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.000
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.000
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.000
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.000
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	0.000
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.000
20089	Wild rice, cooked	164.0	1.0 cup	0.000
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.000
11090	Broccoli, raw	91.0	1.0 cup chopped	0.000
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.000
16112	Miso	17.0	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(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	0.000
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.000
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.000
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.000
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.000
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.000
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.000
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.000
27064	Wasabi	20.0	1.0 tablespoon	0.000
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.000
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.000
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.000
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.000
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.000
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.000
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.000
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.000
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	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
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.000
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.000
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	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
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.000
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	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
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.000
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
19366	Toppings, pineapple	340.0	1.0 cup	0.000
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.000
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.000
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.000
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.000
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.000
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.000
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.000
09298	Raisins, seedless	165.0	1.0 cup, packed	0.000
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.000
01124	Egg, white, raw, fresh	33.0	1.0 large	0.000
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	0.000
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.000
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.000
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.000
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.000
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.000
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.000
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.000
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.000
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.000
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.000
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.000
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.000
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.000
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.000
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.000
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.000
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	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
19300	Jellies	21.0	1.0 serving 1 tbsp	0.000
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.000
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.000
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.000
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.000
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	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
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.000
20065	Rye flour, light	102.0	1.0 cup	0.000
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.000
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.000
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.000
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000
02015	Spices, curry powder	2.0	1.0 tsp	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000
15014	Fish, cisco, smoked	28.35	1.0 oz	0.000
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
11203	Cress, garden, raw	50.0	1.0 cup	0.000
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.000
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.000
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.000
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.000
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.000
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.000
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.000
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.000
03215	Babyfood, pretzels	28.35	1.0 oz	0.000
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.000
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.000
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.000
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.000
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.000
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.000
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.000
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.000
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.000
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	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
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.000
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.000
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0.000
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.000
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.000
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	0.000
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.000
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.000
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.000
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.000
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.000
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.000
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.000
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.000
18971	Bread, potato	32.0	1.0 slice	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.000
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.000
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.000
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.000
11282	Onions, raw	160.0	1.0 cup, chopped	0.000
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	0.000
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	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

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.000
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000
19108	Candies, jellybeans	11.0	10.0 small	0.000
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.000
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.000
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.000
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.000
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.000
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.000
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.000
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.000
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.000
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.000
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.000
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.000
07926	Salami, Italian, pork	28.0	1.0 oz	0.000
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.000
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.000
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.000
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.000
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.000
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.000
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.000
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.000
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.000
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.000
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.000
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.000
09164	Litchis, raw	190.0	1.0 cup	0.000
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.000
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.000
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.000
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.000
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
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.000
09294	Prune juice, canned	256.0	1.0 cup	0.000
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.000
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.000
19018	Fruit syrup	334.0	1.0 cup	0.000
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.000
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.000
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.000
17144	Game meat, antelope, raw	28.35	1.0 oz	0.000
09107	Gooseberries, raw	150.0	1.0 cup	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.000
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.000
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.000
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.000
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.000
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.000
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.000
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.000
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
02054	Capers, canned	8.6	1.0 tbsp, drained	0.000
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.000
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.000
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	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
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.000
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 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
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.000
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.000
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.000
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.000
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.000
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.000
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.000
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.000
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.000
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.000
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.000
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.000
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.000
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.000
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000
04575	Fat, turkey	12.8	1.0 tbsp	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
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.000
09059	Breadfruit, raw	220.0	1.0 cup	0.000
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.000
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.000
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.000
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11520	Taro leaves, raw	28.0	1.0 cup	0.000
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.000
09315	Soursop, raw	225.0	1.0 cup, pulp	0.000
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.000
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.000
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.000
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.000
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.000
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.000
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
05150	Goose, liver, raw	94.0	1.0 liver	0.000
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.000
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.000
17164	Game meat, deer, raw	28.35	1.0 oz	0.000
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.000
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.000
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.000
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.000
19147	Candies, peanut bar	28.35	1.0 oz	0.000
20015	Corn bran, crude	76.0	1.0 cup	0.000
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.000
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.000
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.000
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.000
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.000
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000
20140	Spelt, uncooked	174.0	1.0 cup	0.000
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.000
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.000
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.000
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.000
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.000
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.000
18968	Bagels, wheat	98.0	1.0 bagel	0.000
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.000
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.000
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.000
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.000
11963	Nopales, raw	86.0	1.0 cup, sliced	0.000
18349	Rolls, french	28.35	1.0 oz	0.000
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.000
11080	Beets, raw	136.0	1.0 cup	0.000
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.000
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.000
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.000
16099	Peanut flour, defatted	60.0	1.0 cup	0.000
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.000
07019	Chorizo, pork and beef	28.35	1.0 oz	0.000
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	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
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.000
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.000
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.000
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.000
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.000
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.000
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	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
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.000
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.000
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.000
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.000
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.000
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0.000
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.000
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.000
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.000
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.000
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.000
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.000
09160	Lime juice, raw	242.0	1.0 cup	0.000
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.000
19353	Syrups, maple	20.0	1.0 tbsp	0.000
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.000
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.000
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.000
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.000
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.000
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.000
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.000
15103	Fish, spot, raw	64.0	1.0 fillet	0.000
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.000
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.000
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.000
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	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
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.000
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.000
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.000
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.000
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.000
11432	Radishes, oriental, dried	116.0	1.0 cup	0.000
02050	Vanilla extract	4.2	1.0 tsp	0.000
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.000
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	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	0.000
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	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
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
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.000
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.000
11591	Watercress, raw	34.0	1.0 cup, chopped	0.000
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.000
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.000
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.000
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.000
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.000
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.000
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.000
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.000
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.000
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.000
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.000
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.000
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.000
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.000
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.000
20062	Rye grain	169.0	1.0 cup	0.000
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.000
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.000
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
18326	Pie, pumpkin, commercially prepared	28.35	1.0 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
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.000
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.000
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.000
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.000
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.000
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.000
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.000
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	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
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.000
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.000
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.000
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.000
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.000
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.000
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
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	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.000
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.000
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.000
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.000
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.000
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.000
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.000
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.000
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.000
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.000
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.000
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.000
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	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	0.000
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.000
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.000
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.000
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.000
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.000
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.000
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.000
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.000
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.000
04529	Oil, almond	13.6	1.0 tablespoon	0.000
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000
42040	Syrups, grenadine	20.0	1.0 tbsp	0.000
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.000
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.000
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.000
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.000
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.000
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.000
43026	Syrups, sugar free	240.0	1.0 cup	0.000
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.000
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	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
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.000
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.000
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.000
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.000
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.000
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.000
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.000
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.000
18044	Bread, pumpernickel	28.35	1.0 oz	0.000
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.000
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.000
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	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
19349	Syrups, corn, dark	328.0	1.0 cup	0.000
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.000
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.000
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.000
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.000
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.000
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.000
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.000
11156	Chives, raw	3.0	1.0 tbsp chopped	0.000
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.000
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.000
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.000
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.000
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.000
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.000
09095	Figs, dried, stewed	259.0	1.0 cup	0.000
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.000
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.000
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.000
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.000
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.000
11098	Brussels sprouts, raw	88.0	1.0 cup	0.000
11429	Radishes, raw	116.0	1.0 cup slices	0.000
02047	Salt, table	6.0	1.0 tsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	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
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.000
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
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	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
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.000
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.000
90480	Syrup, Cane	21.0	1.0 serving	0.000
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.000
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.000
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.000
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.000
01173	Egg, white, dried	28.0	1.0 oz	0.000
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.000
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.000
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.000
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	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
19524	Snacks, taro chips	28.35	1.0 oz	0.000
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.000
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.000
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.000
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.000
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.000
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.000
09050	Blueberries, raw	148.0	1.0 cup	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.000
05625	Emu, flat fillet, raw	85.0	3.0 oz	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
18323	Pie, peach	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.000
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.000
02008	Spices, chervil, dried	0.6	1.0 tsp	0.000
09190	Mulberries, raw	140.0	1.0 cup	0.000
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.000
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.000
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.000
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.000
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.000
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.000
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.000
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.000
09002	Acerola juice, raw	242.0	1.0 cup	0.000
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.000
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.000
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.000
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.000
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.000
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.000
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.000
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.000
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.000
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.000
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.000
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.000
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	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
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
20133	Rice noodles, dry	57.0	2.0 oz	0.000
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.000
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.000
12061	Nuts, almonds	143.0	1.0 cup, whole	0.000
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.000
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.000
11124	Carrots, raw	128.0	1.0 cup chopped	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.000
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.000
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.000
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.000
21129	Fast foods, hush puppies	22.0	1.0 piece	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
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.000
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.000
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.000
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.000
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.000
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.000
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.000
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.000
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.000
20072	Wheat, hard red winter	192.0	1.0 cup	0.000
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.000
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.000
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.000
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.000
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.000
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.000
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.000
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.000
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.000
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.000
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.000
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.000
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.000
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.000
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.000
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.000
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.000
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.000
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.000
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.000
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	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
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.000
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.000
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.000
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.000
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.000
20030	Hominy, canned, white	165.0	1.0 cup	0.000
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.000
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.000
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.000
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.000
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.000
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.000
19340	Sugars, maple	3.0	1.0 tsp	0.000
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.000
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.000
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.000
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.000
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.000
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.000
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.000
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.000
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.000
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.000
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.000
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.000
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.000
09091	Figs, canned, light syrup pack, solids and liquids	252.0	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
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.000
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.000
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.000
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.000
19117	Candies, halavah, plain	28.35	1.0 oz	0.000
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.000
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.000
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.000
02044	Basil, fresh	2.5	5.0 leaves	0.000
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	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
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	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	0.000
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.000
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.000
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.000
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000
11241	Kohlrabi, raw	135.0	1.0 cup	0.000
80200	Frog legs, raw	45.0	1.0 leg	0.000
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.000
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.000
09434	Guanabana nectar, canned	251.0	1.0 cup	0.000
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.000
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.000
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.000
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.000
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
02002	Spices, anise seed	2.1	1.0 tsp, whole	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
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.000
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.000
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	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	0.000
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.000
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.000
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.000
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.000
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.000
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.000
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.000
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.000
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.000
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.000
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.000
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.000
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.000
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.000
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.000
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.000
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.000
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.000
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.000
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.000
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.000
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.000
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.000
19030	Syrup, fruit flavored	20.0	1.0 serving	0.000
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.000
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.000
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.000
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.000
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.000
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.000
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	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
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.000
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.000
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.000
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.000
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	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
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.000
43146	Eggplant, pickled	136.0	1.0 cup	0.000
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.000
18236	Cracker meal	28.35	1.0 oz	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
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.000
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.000
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	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
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	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
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.000
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.000
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.000
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.000
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.000
02022	Spices, mace, ground	1.7	1.0 tsp	0.000
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	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
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.000
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	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
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.000
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.000
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.000
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.000
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.000
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.000
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.000
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.000
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.000
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.000
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.000
11349	Poi	240.0	1.0 cup	0.000
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.000
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	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
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.000
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.000
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.000
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.000
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.000
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 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
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	0.000
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.000
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.000
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	0.000
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.000
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.000
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.000
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.000
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.000
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.000
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.000
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.000
07068	Salami, cooked, beef	26.0	1.0 slice	0.000
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.000
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.000
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.000
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.000
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	0.000
09088	Elderberries, raw	145.0	1.0 cup	0.000
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.000
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.000
11974	Grape leaves, raw	14.0	1.0 cup	0.000
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.000
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.000
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.000
16113	Natto	175.0	1.0 cup	0.000
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	0.000
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.000
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.000
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.000
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.000
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.000
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.000
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.000
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.000
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.000
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.000
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.000
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.000
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	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
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	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
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	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
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.000
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.000
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.000
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.000
43476	Tofu yogurt	262.0	1.0 cup	0.000
13350	Beef, cured, dried	28.0	10.0 slices	0.000
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.000
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.000
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.000
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.000
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	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
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.000
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	0.000
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.000
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.000
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.000
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.000
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.000
09299	Raisins, seeded	165.0	1.0 cup, packed	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.000
15112	Fish, tilefish, raw	85.0	3.0 oz	0.000
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000
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	0.000
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.000
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.000
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.000
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.000
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.000
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.000
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.000
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.000
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.000
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.000
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.000
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	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
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.000
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.000
09252	Pears, raw	140.0	1.0 cup, slices	0.000
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.000
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.000
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	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
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.000
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.000
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.000
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.000
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.000
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.000
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.000
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.000
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.000
20066	Semolina, enriched	167.0	1.0 cup	0.000
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.000
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.000
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.000
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.000
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.000
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.000
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.000
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.000
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.000
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.000
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.000
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.000
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.000
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.000
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.000
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.000
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.000
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.000
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	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
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.000
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.000
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.000
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.000
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.000
18033	Bread, italian	28.35	1.0 oz	0.000
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	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
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.000
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.000
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.000
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.000
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.000
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.000
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.000
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0.000
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.000
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
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.000
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.000
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.000
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.000
09084	Currants, red and white, raw	112.0	1.0 cup	0.000
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
20087	Wheat, sprouted	108.0	1.0 cup	0.000
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.000
11086	Beet greens, raw	38.0	1.0 cup	0.000
09221	Tangerine juice, raw	247.0	1.0 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
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.000
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.000
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.000
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.000
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.000
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.000
18106	Coffeecake, fruit	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.000
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.000
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.000
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.000
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.000
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.000
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.000
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.000
18217	Crackers, matzo, plain	14.2	0.5 oz	0.000
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.000
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.000
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.000
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.000
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.000
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.000
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.000
11011	Asparagus, raw	134.0	1.0 cup	0.000
09165	Litchis, dried	2.5	1.0 fruit	0.000
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 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
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.000
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.000
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.000
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.000
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.000
15109	Fish, surimi	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.000
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.000
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.000
11304	Peas, green, raw	145.0	1.0 cup	0.000
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.000
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.000
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.000
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.000
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.000
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.000
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.000
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.000
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.000
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.000
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.000
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.000
16129	Tofu, fried	28.35	1.0 oz	0.000
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.000
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	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
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.000
19296	Honey	339.0	1.0 cup	0.000
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.000
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.000
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.000
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.000
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.000
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.000
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.000
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.000
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.000
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.000
21420	KFC, Coleslaw	112.0	1.0 package	0.000
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.000
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.000
11527	Tomatoes, green, raw	180.0	1.0 cup	0.000
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.000
09316	Strawberries, raw	152.0	1.0 cup, halves	0.000
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.000
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.000
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.000
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.000
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.000
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.000
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.000
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.000
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.000
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.000
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.000
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
20016	Corn flour, whole-grain, yellow	117.0	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
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.000
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.000
17168	Goat, raw	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.000
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.000
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.000
20142	Teff, uncooked	193.0	1.0 cup	0.000
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.000
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.000
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.000
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	0.000
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.000
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.000
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.000
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.000
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.000
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.000
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.000
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.000
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.000
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.000
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.000
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.000
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.000
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.000
36030	DENNY'S, hash browns	124.0	1.0 serving	0.000
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.000
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.000
02033	Spices, poppy seed	2.8	1.0 tsp	0.000
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.000
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	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
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.000
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.000
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.000
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.000
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.000
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.000
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.000
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	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	0.000
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.000
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.000
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.000
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.000
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.000
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.000
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.000
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.000
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0.000
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.000
19355	Syrups, sorghum	330.0	1.0 cup	0.000
20466	Semolina, unenriched	167.0	1.0 cup	0.000
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.000
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.000
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.000
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.000
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.000
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.000
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.000
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.000
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.000
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	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
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.000
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.000
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.000
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.000
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.000
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.000
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.000
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.000
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.000
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.000
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.000
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.000
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.000
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.000
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.000
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.000
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.000
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.000
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	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
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.000
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.000
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.000
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.000
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.000
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.000
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.000
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.000
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.000
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.000
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.000
20063	Rye flour, dark	128.0	1.0 cup	0.000
05641	Ostrich, ground, raw	109.0	1.0 patty	0.000
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.000
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.000
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.000
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.000
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.000
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.000
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.000
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.000
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.000
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.000
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000
20012	Bulgur, dry	140.0	1.0 cup	0.000
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.000
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.000
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.000
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.000
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.000
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.000
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.000
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
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	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
20137	Quinoa, cooked	185.0	1.0 cup	0.000
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.000
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	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
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000
22971	Potato salad with egg	125.0	0.5 cup	0.000
07960	Bologna, chicken, pork	28.0	1.0 serving	0.000
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.000
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.000
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.000
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.000
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.000
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
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.000
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.000
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.000
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.000
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	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
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	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
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.000
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.000
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.000
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.000
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.000
02029	Spices, parsley, dried	0.5	1.0 tsp	0.000
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.000
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
11215	Garlic, raw	136.0	1.0 cup	0.000
11564	Turnips, raw	130.0	1.0 cup, cubes	0.000
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.000
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.000
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.000
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.000
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.000
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.000
19419	Snacks, corn cakes	9.0	1.0 cake	0.000
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	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
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 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
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.000
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.000
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.000
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.000
43406	Yeast extract spread	6.0	1.0 tsp	0.000
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.000
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.000
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.000
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.000
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.000
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
09156	Lemon peel, raw	6.0	1.0 tbsp	0.000
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.000
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000
19350	Syrups, corn, light	341.0	1.0 cup	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
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.000
18170	Cookies, fig bars	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.000
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.000
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.000
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.000
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.000
19013	Snacks, fruit leather, pieces	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
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	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
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.000
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.000
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.000
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.000
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.000
43299	Soybean, curd cheese	225.0	1.0 cup	0.000
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 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
16122	Soy protein isolate	28.35	1.0 oz	0.000
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	0.000
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	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
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.000
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.000
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.000
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.000
90560	Mollusks, snail, raw	85.0	3.0 oz	0.000
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.000
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.000
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.000
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.000
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.000
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.000
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.000
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.000
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.000
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.000
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.000
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.000
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.000
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.000
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.000
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.000
05630	Emu, outside drum, raw	85.0	3.0 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
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.000
19081	Candies, sweet chocolate	28.35	1.0 oz	0.000
25059	Snacks, brown rice chips	9.0	1.0 cake	0.000
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.000
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.000
09191	Nectarines, raw	143.0	1.0 cup slices	0.000
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.000
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.000
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.000
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.000
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.000
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.000
11518	Taro, raw	104.0	1.0 cup, sliced	0.000
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.000
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.000
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.000
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.000
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.000
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.000
11457	Spinach, raw	30.0	1.0 cup	0.000
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.000
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.000
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.000
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.000
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	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
19312	Pie fillings, apple, canned	74.0	0.125 can	0.000
20134	Rice noodles, cooked	176.0	1.0 cup	0.000
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.000
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.000
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.000
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.000
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.000
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.000
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.000
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.000
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.000
16087	Peanuts, all types, raw	28.35	1.0 oz	0.000
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.000
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.000
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.000
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	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	0.000
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.000
20074	Wheat, hard white	192.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.000
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.000
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.000
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.000
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.000
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.000
02026	Spices, onion powder	2.4	1.0 tsp	0.000
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.000
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.000
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.000
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.000
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.000
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.000
19415	Snacks, potato sticks	28.35	1.0 oz	0.000
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	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
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.000
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.000
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.000
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.000
09021	Apricots, raw	155.0	1.0 cup, halves	0.000
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.000
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.000
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.000
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.000
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.000
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.000
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.000
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.000
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.000
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.000
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.000
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.000
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.000
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.000
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.000
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.000
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.000
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.000
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.000
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.000
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.000
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.000
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.000
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.000
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.000
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	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
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.000
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.000
15045	Fish, lingcod, raw	85.0	3.0 oz	0.000
16117	Soy flour, defatted	105.0	1.0 cup	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
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.000
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.000
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.000
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.000
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.000
09436	Mango nectar, canned	251.0	1.0 cup	0.000
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.000
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.000
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.000
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.000
43114	Vermicelli, made from soy	140.0	1.0 cup	0.000
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.000
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.000
18224	Crackers, rusk toast	14.2	0.5 oz	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	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.000
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	0.000
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.000
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.000
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.000
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.000
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.000
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.000
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	0.000
18065	Bread, wheat, toasted	28.35	1.0 oz	0.000
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.000
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.000
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.000
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.000
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.000
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.000
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.000
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.000
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	0.000
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.000
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.000
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.000
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.000
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.000
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.000
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.000
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.000
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.000
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.000
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.000
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.000
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.000
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.000
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.000
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.000
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.000
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.000
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.000
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.000
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.000
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 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
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.000
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.000
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.000
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.000
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.000
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.000
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.000
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	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
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.000
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000
18338	Phyllo dough	28.35	1.0 oz	0.000
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.000
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.000
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.000
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.000
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.000
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.000
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.000
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.000
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.000
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.000
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	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
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000
01144	Egg substitute, powder	9.9	0.35 oz	0.000
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.000
07911	Liverwurst spread	55.0	0.25 cup	0.000
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.000
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.000
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.000
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.000
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.000
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.000
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.000
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	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
20027	Cornstarch	128.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.000
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.000
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.000
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.000
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 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
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.000
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.000
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.000
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.000
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.000
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.000
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
11147	Chard, swiss, raw	36.0	1.0 cup	0.000
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.000
15090	Fish, scup, raw	85.0	3.0 oz	0.000
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.000
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.000
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	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
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.000
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.000
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.000
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.000
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.000
11976	Pepper, banana, raw	124.0	1.0 cup	0.000
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.000
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	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
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.000
16114	Tempeh	166.0	1.0 cup	0.000
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.000
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.000
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.000
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.000
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.000
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.000
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.000
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.000
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.000
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.000
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	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
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.000
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.000
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.000
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.000
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.000
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	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	0.000
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.000
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.000
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.000
09042	Blackberries, raw	144.0	1.0 cup	0.000
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.000
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.000
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.000
11935	Catsup	17.0	1.0 tbsp	0.000
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	0.000
18060	Bread, rye	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.000
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.000
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.000
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.000
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.000
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.000
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.000
10874	Pork, cured, ham with natural juices, shank, bone-in, 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
09302	Raspberries, raw	123.0	1.0 cup	0.000
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.000
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.000
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.000
06150	Sauce, barbecue	17.0	1.0 tbsp	0.000
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	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	0.000
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.000
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.000
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.000
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.000
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.000
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.000
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.000
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.000
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.000
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.000
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.000
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.000
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.000
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.000
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.000
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.000
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.000
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.000
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.000
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.000
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.000
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	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
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	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	0.000
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.000
19303	Marmalade, orange	20.0	1.0 tbsp	0.000
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	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
04582	Oil, canola	14.0	1.0 tbsp	0.000
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.000
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.000
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.000
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.000
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.000
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.000
11949	Catsup, low sodium	17.0	1.0 tbsp	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
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.000
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.000
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.000
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.000
02020	Spices, garlic powder	3.1	1.0 tsp	0.000
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.000
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0.000
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.000
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.000
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.000
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.000
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.000
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.000
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.000
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.000
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.000
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.000
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.000
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.000
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.000
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.000
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.000
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 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
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.000
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.000
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.000
19154	Candies, sesame crunch	28.35	1.0 oz	0.000
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.000
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 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
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.000
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.000
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.000
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	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
09139	Guavas, common, raw	165.0	1.0 cup	0.000
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.000
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.000
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.000
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.000
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.000
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
11141	Celeriac, raw	156.0	1.0 cup	0.000
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.000
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.000
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.000
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.000
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.000
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.000
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.000
09085	Currants, zante, dried	144.0	1.0 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
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.000
20088	Wild rice, raw	160.0	1.0 cup	0.000
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.000
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.000
02037	Spices, saffron	0.7	1.0 tsp	0.000
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	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
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	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
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.000
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.000
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.000
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.000
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.000
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.000
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.000
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.000
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.000
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.000
18218	Crackers, matzo, egg	14.2	0.5 oz	0.000
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.000
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
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
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.000
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.000
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.000
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.000
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.000
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.000
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.000
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.000
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.000
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.000
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.000
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	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
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.000
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.000
18177	Cookies, molasses	28.35	1.0 oz	0.000
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.000
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.000
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.000
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	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
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.000
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.000
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.000
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	0.000
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.000
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.000
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.000
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.000
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.000
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.000
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.000
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.000
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.000
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.000
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.000
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.000
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.000
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.000
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.000
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.000
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.000
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.000
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.000
19297	Jams and preserves	20.0	1.0 tbsp	0.000
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.000
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.000
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.000
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.000
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.000
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.000
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.000
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.000
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.000
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.000
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.000
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.000
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.000
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.000
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.000
15013	Fish, cisco, raw	79.0	1.0 fillet	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.000
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.000
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.000
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.000
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.000
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.000
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.000
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.000
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.000
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.000
17166	Game meat, elk, raw	28.35	1.0 oz	0.000
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.000
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.000
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.000
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.000
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.000
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.000
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.000
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.000
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.000
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.000
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.000
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.000
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.000
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.000
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.000
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.000
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.000
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 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
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.000
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.000
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.000
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.000
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.000
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.000
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	0.000
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.000
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.000
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	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
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.000
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	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
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.000
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.000
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.000
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.000
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.000
09079	Cranberries, dried, sweetened	40.0	0.25 cup	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
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.000
11965	Cauliflower, green, raw	64.0	1.0 cup	0.000
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.000
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.000
19107	Candies, hard	28.35	1.0 oz	0.000
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.000
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.000
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.000
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.000
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.000
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.000
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.000
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.000
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.000
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.000
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.000
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.000
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.000
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.000
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	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
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.000
16055	Carob flour	103.0	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
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.000
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.000
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.000
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.000
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.000
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.000
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.000
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.000
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.000
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.000
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.000
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.000
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.000
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.000
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.000
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.000
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	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
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.000
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.000
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.000
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.000
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.000
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.000
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	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
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.000
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	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
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.000
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.000
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.000
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.000
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.000
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	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
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.000
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.000
11601	Yam, raw	150.0	1.0 cup, cubes	0.000
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.000
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.000
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.000
28292	Crackers, multigrain	14.0	4.0 crackers	0.000
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.000
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.000
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.000
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.000
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.000
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
04574	Fat, duck	12.8	1.0 tbsp	0.000
10069	Pork, fresh, loin, top loin (roasts), boneless, 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
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.000
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.000
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.000
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.000
20064	Rye flour, medium	102.0	1.0 cup	0.000
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.000
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.000
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.000
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.000
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.000
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0.000
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.000
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.000
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.000
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.000
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.000
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.000
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.000
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.000
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.000
20013	Bulgur, cooked	182.0	1.0 cup	0.000
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.000
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.000
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.000
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.000
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.000
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.000
16157	Chickpea flour (besan)	92.0	1.0 cup	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
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	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.000
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.000
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.000
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.000
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.000
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.000
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	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
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.000
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.000
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.000
11278	Okra, raw	100.0	1.0 cup	0.000
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.000
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.000
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	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
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.000
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.000
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.000
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.000
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.000
09216	Orange peel, raw	6.0	1.0 tbsp	0.000
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
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.000
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.000
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.000
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.000
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.000
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.000
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.000
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.000
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.000
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.000
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.000
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.000
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.000
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.000
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.000
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.000
20035	Quinoa, uncooked	170.0	1.0 cup	0.000
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.000
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.000
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.000
18047	Bread, raisin, enriched	28.35	1.0 oz	0.000
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.000
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.000
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.000
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 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
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.000
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.000
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.000
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.000
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.000
18171	Cookies, fortune	28.35	1.0 oz	0.000
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.000
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.000
09287	Prickly pears, raw	149.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.000
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.000
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.000
11297	Parsley, fresh	60.0	1.0 cup chopped	0.000
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	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
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.000
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.000
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.000
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.000
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.000
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.000
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.000
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.000
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.000
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	0.000
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	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	0.000
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.000
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.000
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.000
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.000
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.000
93600	Turtle, green, raw	85.0	3.0 oz	0.000
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.000
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.000
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.000
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.000
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.000
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.000
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.000
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.000
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.000
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.000
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.000
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.000
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.000
05631	Emu, oyster, raw	85.0	3.0 oz	0.000
11943	Pimento, canned	12.0	1.0 tbsp	0.000
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.000
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.000
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.000
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.000
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.000
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.000
15008	Fish, carp, raw	85.0	3.0 oz	0.000
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.000
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.000
10881	Pork, cured, ham and water product, shank, 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
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.000
06615	Soup, SWANSON, vegetable broth	220.0	1.0 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
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.000
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.000
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.000
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.000
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.000
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.000
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.000
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.000
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.000
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	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
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.000
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.000
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.000
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.000
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.000
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.000
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.000
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.000
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.000
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.000
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.000
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.000
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.000
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 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
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.000
20075	Wheat, soft white	168.0	1.0 cup	0.000
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.000
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.000
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.000
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.000
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.000
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
11213	Endive, raw	25.0	0.5 cup, chopped	0.000
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.000
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.000
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.000
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.000
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.000
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.000
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.000
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	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
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.000
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.000
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.000
19163	Chewing gum	3.0	1.0 stick	0.000
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.000
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.000
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.000
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.000
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.000
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.000
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.000
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.000
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000
06963	Fish broth	244.0	1.0 cup	0.000
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.000
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.000
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.000
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.000
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.000
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.000
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.000
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 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
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.000
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.000
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.000
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
09094	Figs, dried, uncooked	149.0	1.0 cup	0.000
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.000
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.000
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.000
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.000
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.000
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.000
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.000
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.000
18003	Bagels, egg	28.35	1.0 oz	0.000
09236	Peaches, yellow, raw	154.0	1.0 cup slices	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
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.000
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.000
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.000
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.000
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.000
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.000
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.000
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.000
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	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
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.000
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.000
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	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
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
16069	Lentils, raw	192.0	1.0 cup	0.000
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.000
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.000
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.000
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.000
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.000

NDB_No	Description	Weight(g)	Measure	12:0(g) Per Measure
18066	Bread, wheat bran	28.35	1.0 oz	0.000
18322	Pie, mince, prepared from recipe	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
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.000
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.000
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.000
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.000
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.000
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.000
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.000
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.000
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.000
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.000
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.000
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.000
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.000
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.000
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.000
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.000
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.000