# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Fatty acids, total saturated (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: September 18, 2016 04:42 EDT

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 04592 | Fish oil, menhaden, fully hydrogenated | 95,60 |
| 04701 | Oil, industrial, soy, fully hydrogenated | 93,97 |
| 04657 | Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter | 93,70 |
| 04702 | Oil, industrial, cottonseed, fully hydrogenated | 93,61 |
| 04661 | Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners | 93,54 |
| 04658 | Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product | 92,61 |
| 04551 | Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) | 91,30 |
| 04572 | Oil, nutmeg butter | 90,00 |
| 04660 | Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy | 88,96 |
| 04663 | Oil, industrial, palm kernel (hydrogenated), filling fat | 88,21 |
| 04656 | Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter | 87,56 |
| 04659 | Oil, industrial, coconut, confection fat, typical basis for ice cream coatings | 86,50 |
| 04646 | Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts | 86,00 |
| 04573 | Oil, ucuhuba butter | 85,20 |
| 04047 | Oil, coconut | 82,48 |
| 04513 | Vegetable oil, palm kernel | 81,50 |
| 04534 | Oil, babassu | 81,20 |
| 04662 | Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) | 71,44 |
| 04570 | Shortening, confectionery, fractionated palm | 65,50 |
| 01003 | Butter oil, anhydrous | 61,92 |
| 12177 | Nuts, coconut meat, dried (desiccated), creamed | 61,26 |
| 04501 | Oil, cocoa butter | 59,70 |
| 12108 | Nuts, coconut meat, dried (desiccated), not sweetened | 57,22 |
| 04541 | Oil, cupu assu | 53,20 |
| 13335 | Beef, variety meats and by-products, suet, raw | 52,30 |
| 01001 | Butter, salted | 51,37 |
| 01145 | Butter, without salt | 50,49 |
| 04001 | Fat, beef tallow | 49,80 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 04055 | Oil, palm | 49,30 |
| 04556 | Shortening frying (heavy duty), palm (hydrogenated) | 47,50 |
| 04520 | Fat, mutton tallow | 47,30 |
| 04536 | Oil, sheanut | 46,60 |
| 01002 | Butter, whipped, with salt | 45,39 |
| 10109 | Pork, fresh, variety meats and by-products, leaf fat, raw | 45,23 |
| 04550 | Shortening frying (heavy duty), beef tallow and cottonseed | 44,90 |
| 04606 | Meat drippings (lard, beef tallow, mutton tallow) | 44,79 |
| 12114 | Nuts, coconut meat, dried (desiccated), toasted | 41,68 |
| 04544 | Shortening, household, lard and vegetable oil | 40,30 |
| 04002 | Lard | 39,20 |
| 04609 | Animal fat, bacon grease | 39,00 |
| 01070 | Dessert topping, powdered | 36,72 |
| 04549 | Shortening industrial, lard and vegetable oil | 35,70 |
| 17284 | Lamb, Australian, imported, fresh, separable fat, raw | 35,35 |
| 17066 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw | 35,29 |
| 17285 | Lamb, Australian, imported, fresh, separable fat, cooked | 34,75 |
| 04601 | Butter, light, stick, with salt | 34,32 |
| 04602 | Butter, light, stick, without salt | 34,32 |
| 04574 | Fat, duck | 33,20 |
| 17092 | Veal, composite of trimmed retail cuts, separable fat, raw | 32,92 |
| 17093 | Veal, composite of trimmed retail cuts, separable fat, cooked | 32,39 |
| 19078 | Baking chocolate, unsweetened, squares | 32,28 |
| 17005 | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw | 32,24 |
| 10004 | Pork, fresh, backfat, raw | 32,21 |
| 10864 | Pork, bacon, rendered fat, cooked | 31,99 |
| 23436 | Beef, New Zealand, imported, subcutaneous fat, raw | 31,51 |
| 17067 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked | 31,51 |
| 12179 | Nuts, coconut meat, dried (desiccated), sweetened, shredded | 31,47 |
| 12145 | Nuts, pilinuts, dried | 31,18 |
| 12115 | Nuts, coconut cream, raw (liquid expressed from grated meat) | 30,75 |
| 04591 | Fish oil, menhaden | 30,43 |
| 04595 | Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated) | 30,42 |
| 23435 | Beef, New Zealand, imported, subcutaneous fat, cooked | 30,26 |
| 04594 | Fish oil, sardine | 29,89 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 04542 | Fat, chicken | 29,80 |
| 12104 | Nuts, coconut meat, raw | 29,70 |
| 13019 | Beef, retail cuts, separable fat, raw | 29,45 |
| 04575 | Fat, turkey | 29,40 |
| 10165 | Pork, cured, salt pork, raw | 29,38 |
| 19071 | Candies, carob, unsweetened | 29,02 |
| 19400 | Snacks, banana chips | 28,97 |
| 04587 | Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed | 28,84 |
| 23420 | Beef, New Zealand, imported, intermuscular fat, raw | 28,50 |
| 13020 | Beef, retail cuts, separable fat, cooked | 28,50 |
| 19125 | Chocolate-flavored hazelnut spread | 28,42 |
| 04664 | Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings | 28,42 |
| 12110 | Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned | 28,10 |
| 04576 | Fat, goose | 27,70 |
| 04548 | Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) | 27,20 |
| 17006 | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked | 27,02 |
| 42307 | Margarine-like, butter-margarine blend, 80% fat, stick, without salt | 26,90 |
| 17449 | Lamb, Australian, imported, fresh, external fat, cooked | 26,80 |
| 23297 | Beef, Australian, imported, grass-fed, seam fat, raw | 26,58 |
| 12109 | Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged | 26,40 |
| 02025 | Spices, nutmeg, ground | 25,94 |
| 04502 | Oil, cottonseed, salad or cooking | 25,90 |
| 04654 | Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening | 25,88 |
| 04554 | Shortening industrial, soybean (hydrogenated) and cottonseed | 25,60 |
| 19077 | Baking chocolate, unsweetened, liquid | 25,29 |
| 10105 | Pork, fresh, variety meats and by-products, jowl, raw | 25,26 |
| 23419 | Beef, New Zealand, imported, intermuscular fat, cooked | 25,25 |
| 43401 | Beverages, coffee, instant, with whitener, reduced calorie | 25,13 |
| 04559 | Shortening household soybean (hydrogenated) and palm | 25,02 |
| 04031 | Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated) | 25,00 |
| 04615 | Shortening, vegetable, household, composite | 24,98 |
| 04652 | Oil, industrial, soy ( partially hydrogenated), all purpose | 24,75 |
| 28194 | MOTHER'S, 4th of July Circus Animal Cookies | 24,70 |
| 28196 | MOTHER'S, Circus Animal Cookies | 24,70 |
| 28200 | MOTHER'S, Halloween Circus Animals Cookies | 24,70 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28201 | MOTHER'S, Holiday Circus Animal Cookies | 24,70 |
| 01156 | Cheese, goat, hard type | 24,61 |
| 19904 | Chocolate, dark, 70-85% cacao solids | 24,49 |
| 28204 | MOTHER'S, Jungle Animal Cookies | 24,30 |
| 19079 | Candies, confectioner's coating, yogurt | 24,10 |
| 19085 | Candies, confectioner's coating, butterscotch | 24,10 |
| 10007 | Pork, fresh, separable fat, cooked | 23,86 |
| 17154 | Veal, Australian, separable fat, raw | 23,56 |
| 28097 | KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday | 23,30 |
| 23299 | Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw | 23,16 |
| 43297 | Pork, oriental style, dehydrated | 23,06 |
| 01053 | Cream, fluid, heavy whipping | 23,03 |
| 04655 | Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries | 22,87 |
| 19005 | Snacks, corn-based, extruded, cones, plain | 22,75 |
| 42272 | Snacks, granola bar, with coconut, chocolate coated | 22,72 |
| 10167 | Pork, cured, separable fat (from ham and arm picnic), roasted | 22,69 |
| 23296 | Beef, Australian, imported, grass-fed, external fat, raw | 22,65 |
| 04589 | Fish oil, cod liver | 22,61 |
| 10166 | Pork, cured, separable fat (from ham and arm picnic), unheated | 22,52 |
| 23298 | Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw | 22,50 |
| 23301 | Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw | 22,47 |
| 23300 | Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw | 22,40 |
| 19903 | Chocolate, dark, 60-69% cacao solids | 22,03 |
| 04546 | Shortening bread, soybean (hydrogenated) and cottonseed | 22,00 |
| 10006 | Pork, fresh, separable fat, raw | 21,98 |
| 01073 | Dessert topping, semi solid, frozen | 21,78 |
| 17270 | Veal, breast, separable fat, cooked | 21,41 |
| 10000 | Pork, fresh, composite of separable fat, with added solution, cooked | 21,38 |
| 04590 | Fish oil, herring | 21,29 |
| 28224 | MURRAY, SUGAR FREE, Fudge Dipped Wafers | 21,20 |
| 12117 | Nuts, coconut milk, raw (liquid expressed from grated meat and water) | 21,14 |
| 04516 | Oil, teaseed | 21,10 |
| 04560 | Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%) | 21,10 |
| 19407 | Snacks, beef sticks, smoked | 20,80 |
| 01169 | Cheese, low-sodium, cheddar or colby | 20,77 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28079 | KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies | 20,70 |
| 01157 | Cheese, goat, semisoft type | 20,64 |
| 19248 | Candies, HERSHEY'S, ALMOND JOY BITES | 20,60 |
| 19142 | Candies, MOUNDS Candy Bar | 20,58 |
| 19383 | Candies, toffee, prepared-from-recipe | 20,56 |
| 04665 | Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries | 20,44 |
| 01137 | Egg, yolk, dried | 20,33 |
| 05047 | Chicken, broilers or fryers, separable fat, raw | 20,25 |
| 01011 | Cheese, colby | 20,22 |
| 01017 | Cheese, cream | 20,21 |
| 18524 | ARCHWAY Home Style Cookies, Coconut Macaroon | 20,10 |
| 28309 | Cookies, coconut macaroon | 20,10 |
| 19081 | Candies, sweet chocolate | 20,08 |
| 04586 | Shortening, special purpose for cakes and frostings, soybean (hydrogenated) | 20,00 |
| 04593 | Fish oil, salmon | 19,87 |
| 04677 | Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil) | 19,83 |
| 04037 | Oil, rice bran | 19,70 |
| 04515 | Oil, tomatoseed | 19,70 |
| 01043 | Cheese, pasteurized process, pimento | 19,66 |
| 43398 | Cheese, pasteurized process, cheddar or American, low sodium | 19,65 |
| 04588 | Oil, oat | 19,62 |
| 01010 | Cheese, cheshire | 19,48 |
| 01206 | Cream substitute, flavored, powdered | 19,45 |
| 19087 | Candies, white chocolate | 19,41 |
| 01270 | Cheese, cheddar, sharp, sliced | 19,37 |
| 01052 | Cream, fluid, light whipping | 19,34 |
| 10005 | Pork, fresh, belly, raw | 19,33 |
| 01039 | Cheese, roquefort | 19,26 |
| 19254 | Candies, MARS SNACKFOOD US, DOVE Milk Chocolate | 19,24 |
| 19914 | Candies, M&M MARS 3 MUSKETEERS Truffle Crisp | 19,23 |
| 19255 | Candies, MARS SNACKFOOD US, DOVE Dark Chocolate | 19,21 |
| 28033 | GIRL SCOUTS, Tagalongs Cookies | 19,20 |
| 28290 | Cookie, with peanut butter filling, chocolate-coated | 19,20 |
| 01020 | Cheese, fontina | 19,20 |
| 03819 | Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted | 19,19 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 01021 | Cheese, gjetost | 19,16 |
| 01069 | Cream substitute, powdered | 19,15 |
| 01030 | Cheese, muenster | 19,11 |
| 28222 | MURRAY, SUGAR FREE, Fudge Dipped Grahams | 19,10 |
| 01025 | Cheese, monterey | 19,07 |
| 43340 | Cheese, parmesan, low sodium | 19,05 |
| 01165 | Cheese, mexican, queso anejo | 19,03 |
| 19905 | Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 18,99 |
| 19160 | Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars | 18,96 |
| 12118 | Nuts, coconut milk, canned (liquid expressed from grated meat and water) | 18,92 |
| 01023 | Cheese, gruyere | 18,91 |
| 01072 | Dessert topping, pressurized | 18,91 |
| 28223 | MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies | 18,90 |
| 01009 | Cheese, cheddar | 18,87 |
| 01167 | Cheese, mexican, queso chihuahua | 18,84 |
| 04038 | Oil, wheat germ | 18,80 |
| 04667 | Shortening, industrial, soy (partially hydrogenated ) for baking and confections | 18,79 |
| 19136 | Candies, HERSHEY'S SKOR Toffee Bar | 18,78 |
| 01005 | Cheese, brick | 18,76 |
| 01004 | Cheese, blue | 18,67 |
| 01008 | Cheese, caraway | 18,58 |
| 19902 | Chocolate, dark, 45- 59% cacao solids | 18,52 |
| 19120 | Candies, milk chocolate | 18,51 |
| 19138 | Candies, truffles, prepared-from-recipe | 18,49 |
| 10942 | Pork, fresh, composite of separable fat, with added solution, raw | 18,49 |
| 42148 | Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies | 18,48 |
| 12176 | Nuts, coconut milk, frozen (liquid expressed from grated meat and water) | 18,44 |
| 04649 | Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening | 18,36 |
| 19093 | Candies, SYMPHONY Milk Chocolate Bar | 18,34 |
| 03948 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA | 18,30 |
| 01040 | Cheese, swiss | 18,23 |
| 04146 | Salad dressing, french, cottonseed, oil, home recipe | 18,20 |
| 19279 | Candies, milk chocolate coated coffee beans | 18,14 |
| 04651 | Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor | 18,10 |
| 28205 | MOTHER'S, Macaroon Cookies | 18,10 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 01042 | Cheese, pasteurized process, American, fortified with vitamin D | 18,06 |
| 01253 | Cheese, pasteurized process, American, without added vitamin D | 18,06 |
| 03999 | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA | 18,02 |
| 43276 | Cheese spread, cream cheese base | 18,02 |
| 18991 | BARBARA DEE, Winter Mints Cookies | 18,00 |
| 19238 | Candies, REESE'S BITES | 18,00 |
| 04543 | Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed | 18,00 |
| 19250 | Candies, HERSHEY, KIT KAT BIG KAT Bar | 17,99 |
| 19109 | Candies, KIT KAT Wafer Bar | 17,95 |
| 01166 | Cheese, mexican, queso asadero | 17,94 |
| 28081 | KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies | 17,90 |
| 01264 | Ice cream bar, stick or nugget, with crunch coating | 17,90 |
| 42151 | Vegetable oil-butter spread, reduced calorie | 17,88 |
| 13148 | Beef, rib, shortribs, separable lean and fat, choice, cooked, braised | 17,80 |
| 01074 | Sour cream, imitation, cultured | 17,79 |
| 19080 | Candies, semisweet chocolate | 17,75 |
| 43405 | Cheese, swiss, low sodium | 17,74 |
| 07057 | Pepperoni, beef and pork, sliced | 17,71 |
| 19132 | Candies, milk chocolate, with almonds | 17,70 |
| 28032 | GIRL SCOUTS, Samoas Cookies | 17,70 |
| 28289 | Cookie, vanilla with caramel, coconut, and chocolate coating | 17,70 |
| 04648 | Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables | 17,68 |
| 01022 | Cheese, gouda | 17,61 |
| 19065 | Candies, ALMOND JOY Candy Bar | 17,59 |
| 01018 | Cheese, edam | 17,57 |
| 19701 | Candies, semisweet chocolate, made with butter | 17,53 |
| 01267 | Cheese, mexican, queso cotija | 17,50 |
| 10895 | Pork, cured, ham, separable fat, boneless, unheated | 17,43 |
| 04666 | Shortening, industrial, soy (partially hydrogenated ) and corn for frying | 17,42 |
| 01006 | Cheese, brie | 17,41 |
| 28100 | KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter | 17,40 |
| 19236 | Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES | 17,39 |
| 01146 | Cheese, parmesan, shredded | 17,37 |
| 28311 | Cookies, sugar wafer, chocolate-covered | 17,24 |
| 28080 | KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies | 17,20 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18174 | Cookies, graham crackers, chocolate-coated | 17,20 |
| 19001 | Candies, TOBLERONE, milk chocolate with honey and almond nougat | 17,14 |
| 01038 | Cheese, romano | 17,12 |
| 28083 | KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies | 17,10 |
| 01035 | Cheese, provolone | 17,08 |
| 42139 | Granola bar, soft, milk chocolate coated, peanut butter | 17,06 |
| 10894 | Pork, cured, ham, separable fat, boneless, heated | 17,05 |
| 19162 | Candies, WHATCHAMACALLIT Candy Bar | 17,04 |
| 01251 | Cheese, Mexican blend | 17,03 |
| 19026 | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter | 17,01 |
| 28094 | KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla | 17,00 |
| 28082 | KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies | 16,90 |
| 28086 | KEEBLER, FUDGE SHOPPE, Fudge Sticks | 16,90 |
| 04042 | Oil, peanut, salad or cooking | 16,90 |
| 03821 | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted | 16,80 |
| 28084 | KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups | 16,80 |
| 01041 | Cheese, tilsit | 16,78 |
| 01024 | Cheese, limburger | 16,75 |
| 01090 | Milk, dry, whole, with added vitamin D | 16,74 |
| 01212 | Milk, dry, whole, without added vitamin D | 16,74 |
| 04073 | Margarine, regular, hard, soybean (hydrogenated) | 16,70 |
| 28123 | KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels | 16,70 |
| 01034 | Cheese, port de salut | 16,69 |
| 04673 | Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil | 16,69 |
| 04683 | Margarine, margarine-like vegetable oil spread, 67-70% fat, tub | 16,69 |
| 42309 | Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt | 16,67 |
| 19130 | Candies, HERSHEY'S POT OF GOLD Almond Bar | 16,67 |
| 28035 | GIRL SCOUTS, Thin Mints Cookies | 16,50 |
| 28294 | Cookie, chocolate, with icing or coating | 16,50 |
| 19151 | Candies, REESE'S PIECES Candy | 16,42 |
| 01033 | Cheese, parmesan, hard | 16,41 |
| 28093 | KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint | 16,40 |
| 04668 | Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy | 16,32 |
| 28044 | KEEBLER, ANIMALS, Frosted Cookies | 16,20 |
| 28291 | Cookies, animal, with frosting or icing | 16,20 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 12078 | Nuts, brazilnuts, dried, unblanched | 16,13 |
| 01044 | Cheese, pasteurized process, swiss | 16,04 |
| 07921 | Bacon and beef sticks | 16,00 |
| 19145 | Candies, NESTLE, CRUNCH Bar and Dessert Topping | 16,00 |
| 13344 | Beef, cured, breakfast strips, raw or unheated | 15,95 |
| 19110 | Candies, KRACKEL Chocolate Bar | 15,92 |
| 19134 | Candies, milk chocolate, with rice cereal | 15,89 |
| 13147 | Beef, rib, shortribs, separable lean and fat, choice, raw | 15,76 |
| 19161 | Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars | 15,76 |
| 19326 | Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar | 15,70 |
| 28095 | KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter | 15,70 |
| 04044 | Oil, soybean, salad or cooking | 15,65 |
| 19243 | Candies, HEATH BITES | 15,62 |
| 19139 | Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits | 15,62 |
| 28078 | KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies | 15,60 |
| 01027 | Cheese, mozzarella, whole milk, low moisture | 15,56 |
| 23448 | Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised | 15,49 |
| 01047 | Cheese food, pasteurized process, swiss | 15,49 |
| 12116 | Nuts, coconut cream, canned, sweetened | 15,47 |
| 01032 | Cheese, parmesan, grated | 15,37 |
| 01045 | Cheese food, cold pack, American | 15,36 |
| 04653 | Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry | 15,34 |
| 04650 | Oil, industrial, soy, refined, for woks and light frying | 15,34 |
| 28333 | Cookies, gluten-free, chocolate wafer | 15,30 |
| 28359 | GLUTINO, Gluten Free Wafers, Milk Chocolate | 15,30 |
| 01007 | Cheese, camembert | 15,26 |
| 04669 | USDA Commodity Food, oil, vegetable, soybean, refined | 15,25 |
| 19084 | Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES | 15,23 |
| 28115 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels | 15,20 |
| 04610 | Margarine, regular, 80% fat, composite, stick, with salt | 15,19 |
| 04617 | Margarine, regular, 80% fat, composite, stick, without salt | 15,19 |
| 04628 | Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils | 15,19 |
| 04691 | Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D | 15,19 |
| 04696 | Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D | 15,19 |
| 17029 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw | 15,16 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07954 | Beef sausage, pre-cooked | 15,10 |
| 04699 | Oil, industrial, soy, low linolenic | 15,08 |
| 01133 | Egg, whole, dried | 15,07 |
| 01046 | Cheese food, pasteurized process, American, vitamin D fortified | 15,06 |
| 01254 | Cheese food, pasteurized process, American, without added vitamin D | 15,06 |
| 04531 | Oil, soybean lecithin | 15,00 |
| 14195 | Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows | 15,00 |
| 19268 | Candies, dark chocolate coated coffee beans | 15,00 |
| 01019 | Cheese, feta | 14,95 |
| 07910 | Bratwurst, veal, cooked | 14,94 |
| 04034 | Oil, soybean, salad or cooking, (partially hydrogenated) | 14,90 |
| 04700 | Oil, industrial, soy, ultra low linolenic | 14,85 |
| 28088 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman | 14,80 |
| 28092 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original | 14,80 |
| 28293 | Cookie, butter or sugar, with chocolate icing or filling | 14,80 |
| 28091 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal | 14,70 |
| 19126 | Candies, milk chocolate coated peanuts | 14,60 |
| 25026 | Popcorn, microwave, regular (butter) flavor, made with palm oil | 14,60 |
| 01159 | Cheese, goat, soft type | 14,58 |
| 19152 | Candies, ROLO Caramels in Milk Chocolate | 14,54 |
| 13848 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 14,51 |
| 13861 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 14,51 |
| 28087 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate | 14,50 |
| 19146 | Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits | 14,47 |
| 19157 | Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies | 14,47 |
| 05282 | Pate de foie gras, canned (goose liver pate), smoked | 14,45 |
| 07054 | Pate, goose liver, smoked, canned | 14,45 |
| 01191 | KRAFT VELVEETA Pasteurized Process Cheese Spread | 14,40 |
| 07019 | Chorizo, pork and beef | 14,38 |
| 44005 | Oil, corn, peanut, and olive | 14,37 |
| 13345 | Beef, cured, breakfast strips, cooked | 14,35 |
| 03957 | Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA | 14,28 |
| 04611 | Margarine, regular, 80% fat, composite, tub, with salt | 14,22 |
| 04618 | Margarine, regular, 80% fat, composite, tub, without salt | 14,22 |
| 04692 | Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D | 14,22 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 19024 | Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip | 14,22 |
| 04058 | Oil, sesame, salad or cooking | 14,20 |
| 04585 | Margarine-like, margarine-butter blend, soybean oil and butter | 14,20 |
| 10860 | Pork, cured, bacon, cooked, baked | 14,19 |
| 19143 | Candies, MR. GOODBAR Chocolate Bar | 14,13 |
| 28054 | KEEBLER, CHIPS DELUXE, Coconut Cookies | 14,10 |
| 28076 | KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate | 14,10 |
| 18378 | Cookies, chocolate chip, prepared from recipe, made with butter | 14,07 |
| 42155 | Cheese, monterey, low fat | 14,04 |
| 19328 | Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar | 14,01 |
| 13835 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 13,96 |
| 13847 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw | 13,96 |
| 23322 | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw | 13,94 |
| 01054 | Cream, whipped, cream topping, pressurized | 13,83 |
| 19258 | Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered | 13,81 |
| 04053 | Oil, olive, salad or cooking | 13,81 |
| 28053 | KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies | 13,80 |
| 28077 | KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies | 13,80 |
| 28089 | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini | 13,80 |
| 23234 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 13,77 |
| 43378 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium | 13,74 |
| 01227 | Cheese, dry white, queso seco | 13,72 |
| 17262 | Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw | 13,70 |
| 01229 | Cheese, white, queso blanco | 13,66 |
| 04629 | Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick | 13,63 |
| 13849 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 13,59 |
| 07953 | Pork sausage, link/patty, fully cooked, microwaved | 13,56 |
| 17401 | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised | 13,53 |
| 04514 | Oil, poppyseed | 13,50 |
| 18249 | Doughnuts, cake-type, plain, chocolate-coated or frosted | 13,47 |
| 17239 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw | 13,43 |
| 13834 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 13,42 |
| 28114 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies | 13,40 |
| 07005 | Blood sausage | 13,40 |
| 14270 | Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer | 13,33 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 01048 | Cheese spread, pasteurized process, American | 13,33 |
| 01204 | Cheese, parmesan, dry grated, reduced fat | 13,32 |
| 04626 | Margarine-like spread with yogurt, 70% fat, stick, with salt | 13,30 |
| 10123 | Pork, cured, bacon, unprepared | 13,30 |
| 23237 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw | 13,30 |
| 01058 | Sour dressing, non-butterfat, cultured, filled cream-type | 13,27 |
| 05139 | Duck, domesticated, meat and skin, raw | 13,22 |
| 13833 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw | 13,22 |
| 19249 | Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate | 13,21 |
| 01237 | Ice cream, bar or stick, chocolate covered | 13,20 |
| 28267 | KEEBLER, SANDIES, Simply Shortbread Cookies | 13,20 |
| 01134 | Egg, whole, dried, stabilized, glucose reduced | 13,20 |
| 19256 | Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered | 13,16 |
| 01026 | Cheese, mozzarella, whole milk | 13,15 |
| 19086 | Candies, confectioner's coating, peanut butter | 13,12 |
| 01188 | KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce | 13,10 |
| 07926 | Salami, Italian, pork | 13,10 |
| 19141 | Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies | 13,08 |
| 19327 | Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar | 13,07 |
| 04545 | Oil, sunflower, linoleic, (partially hydrogenated) | 13,00 |
| 23233 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 12,99 |
| 36051 | ON THE BORDER, cheese quesadilla | 12,98 |
| 07065 | Pork and beef sausage, fresh, cooked | 12,96 |
| 19910 | Candies, crispy bar with peanut butter filling | 12,96 |
| 04518 | Oil, corn, industrial and retail, all purpose salad or cooking | 12,95 |
| 01228 | Cheese, fresh, queso fresco | 12,94 |
| 01252 | Cheese product, pasteurized process, American, vitamin D fortified | 12,93 |
| 23449 | Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw | 12,92 |
| 10128 | Pork, cured, breakfast strips, raw or unheated | 12,91 |
| 28119 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies | 12,90 |
| 07201 | OSCAR MAYER, Bologna (beef) | 12,85 |
| 42190 | Pork sausage rice links, brown and serve, cooked | 12,82 |
| 17263 | Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 12,82 |
| 28059 | KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies | 12,80 |
| 28197 | MOTHER'S, Coconut Cocadas Cookies | 12,80 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 01031 | Cheese, neufchatel | 12,79 |
| 17031 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 12,77 |
| 23320 | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw | 12,76 |
| 03938 | Infant formula, PBM PRODUCTS, store brand, powder | 12,76 |
| 17085 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 12,74 |
| 19075 | Candies, CARAMELLO Candy Bar | 12,72 |
| 17402 | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw | 12,70 |
| 19359 | Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER | 12,70 |
| 28116 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme | 12,70 |
| 17030 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 12,70 |
| 43100 | Breakfast bars, oats, sugar, raisins, coconut (include granola bar) | 12,69 |
| 13842 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 12,67 |
| 43506 | Frozen novelties, ice cream type, chocolate or caramel covered, with nuts | 12,66 |
| 18964 | Cinnamon buns, frosted (includes honey buns) | 12,65 |
| 23236 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw | 12,64 |
| 19859 | Cocoa, dry powder, hi-fat or breakfast, plain | 12,64 |
| 19860 | Cocoa, dry powder, hi-fat or breakfast, processed with alkali | 12,64 |
| 13843 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 12,62 |
| 01260 | Cheese, cheddar, reduced fat | 12,60 |
| 04133 | Salad dressing, french, home recipe | 12,60 |
| 28350 | Cookies, chocolate cream covered biscuit sticks | 12,58 |
| 19016 | Snacks, granola bars, hard, almond | 12,51 |
| 19119 | Candies, NESTLE, CHUNKY Bar | 12,50 |
| 23437 | Beef, New Zealand, imported, sweetbread, cooked, boiled | 12,47 |
| 07241 | OSCAR MAYER, Wieners (beef franks) | 12,46 |
| 10175 | Pork, fresh, variety meats and by-products, tail, cooked, simmered | 12,45 |
| 18310 | Pie, chocolate creme, commercially prepared | 12,45 |
| 10001 | Pork, fresh, carcass, separable lean and fat, raw | 12,44 |
| 03941 | Infant formula, PBM PRODUCTS, store brand, soy, powder | 12,37 |
| 23438 | Beef, New Zealand, imported, sweetbread, raw | 12,29 |
| 13386 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 12,29 |
| 03837 | Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted | 12,21 |
| 05675 | Chicken, skin (drumsticks and thighs), cooked, roasted | 12,15 |
| 13841 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw | 12,13 |
| 07967 | Pork sausage, link/patty, fully cooked, unheated | 12,13 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05674 | Chicken, skin (drumsticks and thighs), raw | 12,10 |
| 19105 | Candies, NESTLE, GOOBERS Chocolate Covered Peanuts | 12,10 |
| 19111 | Candies, NESTLE, BABY RUTH Bar | 12,10 |
| 04613 | Margarine-like, vegetable oil spread, 60% fat, tub, with salt | 12,09 |
| 04620 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt | 12,09 |
| 04694 | Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D | 12,09 |
| 04697 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D | 12,09 |
| 13859 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw | 12,07 |
| 12131 | Nuts, macadamia nuts, raw | 12,06 |
| 43507 | Frankfurter, low sodium | 12,04 |
| 03869 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted | 12,02 |
| 19135 | Candies, MARS SNACKFOOD US, MILKY WAY Bar | 12,02 |
| 13829 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 12,01 |
| 10862 | Pork, cured, bacon, pre-sliced, cooked, pan-fried | 11,96 |
| 17077 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled | 11,96 |
| 12132 | Nuts, macadamia nuts, dry roasted, without salt added | 11,95 |
| 12632 | Nuts, macadamia nuts, dry roasted, with salt added | 11,95 |
| 21419 | KFC, biscuit | 11,92 |
| 05673 | Chicken, skin (drumsticks and thighs), cooked, braised | 11,91 |
| 03827 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA | 11,90 |
| 19144 | Candies, NESTLE, 100 GRAND Bar | 11,90 |
| 18209 | Cookies, sugar wafers with creme filling, regular | 11,90 |
| 07071 | Salami, dry or hard, pork | 11,89 |
| 23235 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 11,82 |
| 21142 | Fast food, biscuit | 11,80 |
| 04145 | Salad dressing, mayonnaise, soybean oil, without salt | 11,80 |
| 17209 | Lamb, variety meats and by-products, mechanically separated, raw | 11,79 |
| 13330 | Beef, variety meats and by-products, mechanically separated beef, raw | 11,78 |
| 13855 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 11,78 |
| 17023 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw | 11,76 |
| 33866 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder | 11,76 |
| 13498 | Beef, ground, 70% lean meat / 30% fat, raw | 11,75 |
| 19897 | Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds | 11,74 |
| 04025 | Salad dressing, mayonnaise, regular | 11,70 |
| 07937 | Bologna, pork, turkey and beef | 11,70 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28052 | KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies | 11,70 |
| 43384 | Beef, bologna, reduced sodium | 11,68 |
| 05017 | Chicken, broilers or fryers, skin only, cooked, fried, flour | 11,67 |
| 23238 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw | 11,66 |
| 03802 | Infant formula, NESTLE, GOOD START SUPREME, with iron, powder | 11,66 |
| 17241 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 11,66 |
| 18239 | Croissants, butter | 11,66 |
| 19292 | Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies | 11,65 |
| 03980 | Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder | 11,65 |
| 04684 | Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils) | 11,65 |
| 10861 | Pork, cured, bacon, cooked, microwaved | 11,64 |
| 10174 | Pork, fresh, variety meats and by-products, tail, raw | 11,64 |
| 28073 | KEEBLER, Danish Wedding Cookies | 11,60 |
| 07945 | Frankfurter, beef, heated | 11,59 |
| 05236 | Turkey, young hen, skin only, cooked, roasted | 11,59 |
| 04583 | Oil, mustard | 11,58 |
| 01182 | USDA Commodity, cheese, cheddar, reduced fat | 11,58 |
| 01209 | Cheese, Mexican, blend, reduced fat | 11,58 |
| 13828 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 11,57 |
| 17062 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw | 11,57 |
| 04581 | Oil, avocado | 11,56 |
| 19408 | Snacks, pork skins, barbecue-flavor | 11,56 |
| 36052 | Restaurant, Mexican, cheese quesadilla | 11,56 |
| 13342 | Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw | 11,54 |
| 21415 | POPEYES, biscuit | 11,52 |
| 07078 | Thuringer, cervelat, summer sausage, beef, pork | 11,51 |
| 13827 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw | 11,51 |
| 13860 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 11,51 |
| 03805 | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder | 11,50 |
| 03809 | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted | 11,50 |
| 13840 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 11,50 |
| 17265 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised | 11,50 |
| 28218 | MURRAY, SOUTHERN KITCHEN, Coconut Cookies | 11,50 |
| 42196 | Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar | 11,47 |
| 01271 | Cheese, mozzarella, low moisture, part-skim, shredded | 11,47 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07022 | Frankfurter, beef, unheated | 11,46 |
| 01240 | Ice cream cone, chocolate covered, with nuts, flavors other than chocolate | 11,46 |
| 03967 | Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder | 11,45 |
| 13357 | Beef, cured, sausage, cooked, smoked | 11,44 |
| 33871 | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA | 11,43 |
| 05018 | Chicken, broilers or fryers, skin only, cooked, roasted | 11,42 |
| 07072 | Salami, dry or hard, pork, beef | 11,42 |
| 19017 | Snacks, granola bars, hard, chocolate chip | 11,41 |
| 14204 | Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener | 11,38 |
| 03826 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted | 11,37 |
| 03849 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA | 11,37 |
| 03852 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA | 11,37 |
| 19041 | Snacks, pork skins, plain | 11,37 |
| 19324 | Puddings, coconut cream, dry mix, regular | 11,36 |
| 28330 | Cookies, marshmallow, with rice cereal and chocolate chips | 11,36 |
| 17240 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 11,36 |
| 05170 | Turkey, skin from whole (light and dark), roasted | 11,36 |
| 05699 | Turkey, skin from whole, (light and dark), with added solution, roasted | 11,36 |
| 13826 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 11,33 |
| 10974 | Pork, ground, 72% lean / 28% fat, cooked, crumbles | 11,31 |
| 01208 | Cheese, provolone, reduced fat | 11,30 |
| 01029 | Cheese, mozzarella, low moisture, part-skim | 11,30 |
| 13838 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 11,29 |
| 28329 | Cookies, chocolate, made with rice cereal | 11,29 |
| 42135 | Whipped topping, frozen, low fat | 11,27 |
| 17406 | Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried | 11,27 |
| 07036 | Sausage, Italian, pork, raw | 11,27 |
| 13371 | Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 11,24 |
| 17260 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw | 11,23 |
| 03808 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA | 11,22 |
| 28029 | GIRL SCOUTS, Caramel Dulce De Leche Cookies | 11,20 |
| 28121 | KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped | 11,20 |
| 17076 | Lamb, New Zealand, imported, loin chop, separable lean and fat, raw | 11,16 |
| 33863 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder | 11,16 |
| 33877 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder | 11,16 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07236 | OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey) | 11,16 |
| 23314 | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw | 11,12 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 11,12 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 11,10 |
| 28058 | KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies | 11,10 |
| 28118 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies | 11,10 |
| 18946 | Pie crust, refrigerated, regular, baked | 11,09 |
| 07230 | OSCAR MAYER, Salami (hard) | 11,08 |
| 21011 | Fast foods, croissant, with egg and cheese | 11,08 |
| 13839 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 11,06 |
| 18155 | Cookies, butter, commercially prepared, enriched | 11,05 |
| 18421 | Cookies, butter, commercially prepared, unenriched | 11,05 |
| 17063 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked | 11,05 |
| 33872 | Infant formula, GERBER, GOOD START 2 SOY, with iron, powder | 11,04 |
| 33869 | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder | 11,02 |
| 03867 | Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder | 11,00 |
| 03928 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder | 11,00 |
| 05686 | Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted | 11,00 |
| 19149 | Candies, NESTLE, RAISINETS Chocolate Covered Raisins | 11,00 |
| 28055 | KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies | 11,00 |
| 03814 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted | 10,99 |
| 03838 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA | 10,99 |
| 19811 | Snacks, potato chips, plain, unsalted | 10,96 |
| 42303 | Cheese, muenster, low fat | 10,95 |
| 03943 | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA | 10,94 |
| 07207 | OSCAR MAYER, Braunschweiger Liver Sausage (sliced) | 10,94 |
| 33867 | Infant formula, GERBER, GOOD START, PROTECT PLUS, powder | 10,94 |
| 13852 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 10,92 |
| 07956 | Beef sausage, fresh, cooked | 10,90 |
| 04612 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt | 10,88 |
| 04693 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D | 10,88 |
| 43597 | Cheese, mozzarella, low sodium | 10,87 |
| 13818 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 10,86 |
| 13825 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 10,85 |
| 19002 | Snacks, beef jerky, chopped and formed | 10,85 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 33873 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted | 10,81 |
| 10977 | Pork, ground, 72% lean / 28% fat, cooked, pan-broiled | 10,80 |
| 28126 | KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies | 10,80 |
| 07045 | Luncheon meat, pork, canned | 10,79 |
| 43598 | Mayonnaise dressing, no cholesterol | 10,78 |
| 13824 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 10,76 |
| 19150 | Candies, REESE'S Peanut Butter Cups | 10,73 |
| 23187 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 10,72 |
| 07979 | Sausage, pork, turkey, and beef, reduced sodium | 10,71 |
| 28125 | KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies | 10,70 |
| 10206 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted | 10,69 |
| 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 10,68 |
| 19379 | Candies, fudge, chocolate marshmallow, prepared-from-recipe | 10,67 |
| 17315 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled | 10,67 |
| 21361 | McDONALD'S, Sausage Biscuit | 10,66 |
| 13808 | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 10,64 |
| 23126 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 10,64 |
| 13928 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 10,63 |
| 23188 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 10,63 |
| 18241 | Croissants, cheese | 10,63 |
| 12588 | Nuts, cashew butter, plain, with salt added | 10,61 |
| 05684 | Chicken, skin (drumsticks and thighs), with added solution, cooked, braised | 10,60 |
| 07041 | Liver sausage, liverwurst, pork | 10,60 |
| 19913 | Candies, NESTLE, BUTTERFINGER Crisp | 10,59 |
| 07913 | Salami, pork, beef, less sodium | 10,58 |
| 23186 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 10,57 |
| 05685 | Chicken, skin (drumsticks and thighs), with added solution, raw | 10,56 |
| 17261 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 10,56 |
| 42137 | Salad dressing, peppercorn dressing, commercial, regular | 10,53 |
| 33868 | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder | 10,52 |
| 17327 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 10,51 |
| 28334 | Cookies, gluten-free, lemon wafer | 10,50 |
| 28358 | GLUTINO, Gluten Free Wafers, Lemon Flavored | 10,50 |
| 28075 | KEEBLER, E.L. FUDGE, Double Stuffed Cookies | 10,50 |
| 28277 | MURRAY, SUGAR FREE, Chocolate Chip Cookies | 10,50 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07007 | Bologna, beef | 10,49 |
| 07016 | Cheesefurter, cheese smokie, pork, beef | 10,47 |
| 07918 | Sausage, summer, pork and beef, sticks, with cheddar cheese | 10,47 |
| 05169 | Turkey, skin from whole, (light and dark), raw | 10,43 |
| 05698 | Turkey, skin from whole (light and dark), with added solution, raw | 10,43 |
| 13845 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 10,43 |
| 13846 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 10,42 |
| 25007 | Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter | 10,41 |
| 19890 | Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar | 10,40 |
| 28060 | KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies | 10,40 |
| 19301 | Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe | 10,38 |
| 43541 | Ice creams, chocolate, rich | 10,38 |
| 17036 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 10,34 |
| 07059 | Polish sausage, pork | 10,33 |
| 19089 | Ice creams, vanilla, rich | 10,33 |
| 23321 | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 10,33 |
| 16098 | Peanut butter, smooth style, with salt | 10,32 |
| 16398 | Peanut butter, smooth style, without salt | 10,32 |
| 17319 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked | 10,32 |
| 13832 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 10,32 |
| 23312 | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw | 10,31 |
| 23195 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 10,31 |
| 01210 | Egg Mix, USDA Commodity | 10,30 |
| 04506 | Oil, sunflower, linoleic, (approx. 65%) | 10,30 |
| 13387 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 10,30 |
| 17326 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw | 10,30 |
| 28120 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies | 10,30 |
| 28132 | KEEBLER, Toasted Coconut Cookies | 10,30 |
| 28209 | MOTHER'S, Taffy Sandwich Cookies | 10,30 |
| 17052 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 10,29 |
| 13844 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw | 10,28 |
| 07006 | Bockwurst, pork, veal, raw | 10,26 |
| 17025 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 10,24 |
| 16149 | Peanut spread, reduced sugar | 10,22 |
| 05714 | Turkey, skin, from retail parts, from dark meat, raw | 10,22 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07038 | Knackwurst, knockwurst, pork, beef | 10,21 |
| 07089 | Sausage, Italian, pork, cooked | 10,20 |
| 17224 | Lamb, ground, raw | 10,19 |
| 05715 | Turkey, skin, from retail parts, from dark meat, cooked, roasted | 10,18 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 10,18 |
| 19140 | Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies | 10,17 |
| 01056 | Cream, sour, cultured | 10,14 |
| 10146 | Pork, cured, ham, patties, unheated | 10,13 |
| 16155 | Peanut butter, smooth, vitamin and mineral fortified | 10,12 |
| 04645 | Oil, industrial, canola (partially hydrogenated) oil for deep fat frying | 10,12 |
| 01028 | Cheese, mozzarella, part skim milk | 10,11 |
| 17463 | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 10,11 |
| 04060 | Oil, sunflower, linoleic (less than 60%) | 10,10 |
| 07942 | Pate, truffle flavor | 10,10 |
| 28226 | MURRAY, SUGAR FREE, Pecan Shortbread Cookies | 10,10 |
| 23189 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 10,10 |
| 21008 | Fast foods, biscuit, with ham | 10,10 |
| 04674 | Margarine-like spread, SMART BALANCE Light Buttery Spread | 10,09 |
| 13858 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 10,05 |
| 23199 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 10,04 |
| 04614 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt | 10,04 |
| 04695 | Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D | 10,04 |
| 23125 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 10,04 |
| 13922 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 10,02 |
| 13816 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 10,00 |
| 14197 | Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix | 10,00 |
| 19322 | Puddings, coconut cream, dry mix, instant | 10,00 |
| 28085 | KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat | 10,00 |
| 07013 | Bratwurst, pork, cooked | 10,00 |
| 05344 | Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning | 9,99 |
| 07908 | Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel) | 9,99 |
| 17236 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw | 9,95 |
| 07015 | Brotwurst, pork, beef, link | 9,93 |
| 17353 | Lamb, Australian, ground, 85% lean / 15% fat, raw | 9,93 |
| 07911 | Liverwurst spread | 9,92 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18147 | Cheesecake commercially prepared | 9,92 |
| 19308 | Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies | 9,92 |
| 17318 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 9,91 |
| 17264 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 9,90 |
| 28096 | KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original | 9,90 |
| 07968 | Kielbasa, fully cooked, grilled | 9,89 |
| 19306 | Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies | 9,89 |
| 25036 | Snacks, granola bites, mixed flavors | 9,89 |
| 23191 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 9,88 |
| 07957 | Pork and turkey sausage, pre-cooked | 9,88 |
| 13830 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw | 9,88 |
| 17251 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 9,88 |
| 03853 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted | 9,87 |
| 03858 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted | 9,87 |
| 03950 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted | 9,87 |
| 03945 | Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA | 9,87 |
| 17044 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 9,87 |
| 07068 | Salami, cooked, beef | 9,86 |
| 07960 | Bologna, chicken, pork | 9,86 |
| 04584 | Oil, sunflower, high oleic (70% and over) | 9,86 |
| 17084 | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw | 9,86 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 9,83 |
| 10114 | Pork, fresh, variety meats and by-products, mechanically separated, raw | 9,82 |
| 13831 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 9,81 |
| 05146 | Goose, domesticated, meat and skin, raw | 9,78 |
| 12174 | Seeds, watermelon seed kernels, dried | 9,78 |
| 07075 | Sausage, smoked link sausage, pork and beef | 9,77 |
| 12088 | Nuts, cashew butter, plain, without salt added | 9,76 |
| 17298 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 9,75 |
| 18160 | Cookies, chocolate chip, commercially prepared, soft-type | 9,75 |
| 07941 | Salami, Italian, pork and beef, dry, sliced, 50% less sodium | 9,75 |
| 13001 | Beef, carcass, separable lean and fat, choice, raw | 9,75 |
| 17019 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw | 9,73 |
| 07077 | Smoked link sausage, pork and beef, nonfat dry milk added | 9,72 |
| 13919 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 9,72 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17243 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 9,71 |
| 28028 | FAMOUS AMOS, Chocolate Chip Pecan Cookies | 9,70 |
| 12160 | Seeds, cottonseed kernels, roasted (glandless) | 9,70 |
| 17323 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 9,70 |
| 16399 | Peanut butter with omega-3, creamy | 9,69 |
| 07970 | Kielbasa, fully cooked, unheated | 9,68 |
| 23197 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 9,68 |
| 05140 | Duck, domesticated, meat and skin, cooked, roasted | 9,67 |
| 14415 | Alcoholic beverage, liqueur, coffee with cream, 34 proof | 9,66 |
| 19049 | Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel | 9,66 |
| 28061 | KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size | 9,65 |
| 18337 | Puff pastry, frozen, ready-to-bake | 9,64 |
| 17408 | Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw | 9,64 |
| 18434 | Crackers, cheese, low sodium | 9,64 |
| 04517 | Oil, grapeseed | 9,60 |
| 19118 | Candies, NESTLE, OH HENRY! Bar | 9,60 |
| 28027 | FAMOUS AMOS, Chocolate Chip Cookies | 9,60 |
| 28221 | MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies | 9,60 |
| 17415 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised | 9,60 |
| 18948 | Pie crust, refrigerated, regular, unbaked | 9,60 |
| 13379 | Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 9,59 |
| 07055 | Pate, liver, not specified, canned | 9,57 |
| 19022 | Snacks, granola bars, soft, uncoated, raisin | 9,57 |
| 19412 | Snacks, potato chips, made from dried potatoes, cheese-flavor | 9,57 |
| 23577 | Beef, ground, 75% lean meat / 25% fat, raw | 9,57 |
| 23190 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 9,56 |
| 01125 | Egg, yolk, raw, fresh | 9,55 |
| 19406 | Snacks, granola bars, soft, uncoated, nut and raisin | 9,54 |
| 10099 | Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered | 9,52 |
| 16167 | USDA Commodity, Peanut Butter, smooth | 9,52 |
| 02022 | Spices, mace, ground | 9,51 |
| 07050 | Mortadella, beef, pork | 9,51 |
| 19069 | Candies, NESTLE, BUTTERFINGER Bar | 9,50 |
| 28124 | KEEBLER, SANDIES, Cashew Shortbread Cookies | 9,50 |
| 28127 | KEEBLER, SANDIES, Pecan Shortbread Cookies | 9,50 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28128 | KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size | 9,50 |
| 07969 | Kielbasa, fully cooked, pan-fried | 9,49 |
| 07917 | Sausage, pork and beef, with cheddar cheese, smoked | 9,48 |
| 17001 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw | 9,47 |
| 19046 | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor | 9,47 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 9,45 |
| 13804 | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 9,44 |
| 42227 | Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies | 9,44 |
| 23198 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 9,42 |
| 28057 | KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies | 9,40 |
| 13925 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 9,38 |
| 12149 | Nuts, pine nuts, pinyon, dried | 9,38 |
| 12200 | Nuts, formulated, wheat-based, all flavors except macadamia, without salt | 9,37 |
| 05356 | Chicken, broiler, rotisserie, BBQ, skin | 9,33 |
| 17417 | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted | 9,33 |
| 07069 | Salami, cooked, beef and pork | 9,32 |
| 07074 | Smoked link sausage, pork | 9,31 |
| 07014 | Braunschweiger (a liver sausage), pork | 9,31 |
| 01068 | Cream substitute, liquid, with lauric acid oil and sodium caseinate | 9,30 |
| 07008 | Bologna, beef and pork | 9,30 |
| 28210 | MURRAY, SUGAR FREE, Vanilla Sugar Wafer | 9,30 |
| 05019 | Chicken, broilers or fryers, skin only, cooked, stewed | 9,28 |
| 17035 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw | 9,28 |
| 18335 | Pie crust, standard-type, frozen, ready-to-bake, enriched, baked | 9,28 |
| 23135 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 9,27 |
| 23193 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 9,26 |
| 17299 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 9,24 |
| 23228 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 9,24 |
| 10940 | Pork, fresh, spareribs, separable lean and fat, cooked, roasted | 9,24 |
| 13392 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 9,24 |
| 17247 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 9,21 |
| 07916 | Sausage, Polish, pork and beef, smoked | 9,21 |
| 28056 | KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies | 9,20 |
| 19405 | Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow | 9,18 |
| 03843 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted | 9,17 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 03954 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted | 9,17 |
| 13002 | Beef, carcass, separable lean and fat, select, raw | 9,16 |
| 12085 | Nuts, cashew nuts, dry roasted, without salt added | 9,16 |
| 12585 | Nuts, cashew nuts, dry roasted, with salt added | 9,16 |
| 19182 | Desserts, mousse, chocolate, prepared-from-recipe | 9,15 |
| 17043 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw | 9,15 |
| 23127 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 9,14 |
| 17322 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw | 9,12 |
| 17234 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 9,12 |
| 08510 | Milk and cereal bar | 9,11 |
| 04135 | Salad dressing, home recipe, vinegar and oil | 9,10 |
| 04528 | Oil, walnut | 9,10 |
| 28206 | MOTHER'S, Old Fashioned Chocolate Chip Cookies | 9,10 |
| 28217 | MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies | 9,10 |
| 17416 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw | 9,10 |
| 43274 | Cheese, cream, low fat | 9,10 |
| 23192 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 9,10 |
| 12138 | Nuts, mixed nuts, oil roasted, without peanuts, without salt added | 9,09 |
| 12638 | Nuts, mixed nuts, oil roasted, without peanuts, with salt added | 9,09 |
| 05015 | Chicken, broilers or fryers, skin only, raw | 9,08 |
| 13915 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw | 9,08 |
| 17238 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 9,08 |
| 19155 | Candies, MARS SNACKFOOD US, SNICKERS Bar | 9,07 |
| 12201 | Seeds, sesame seed kernels, dried (decorticated) | 9,06 |
| 04707 | Oil, flaxseed, contains added sliced flaxseed | 9,05 |
| 04642 | Oil, industrial, mid-oleic, sunflower | 9,01 |
| 23134 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 9,01 |
| 28130 | KEEBLER, SOFT BATCH, Chocolate Chip Cookies | 9,00 |
| 13095 | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw | 9,00 |
| 19917 | Candies, M&M MARS Pretzel Chocolate Candies | 8,99 |
| 42231 | Oil, flaxseed, cold pressed | 8,98 |
| 23659 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw | 8,96 |
| 07040 | Liver cheese, pork | 8,96 |
| 13926 | Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw | 8,96 |
| 13805 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 8,95 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23658 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 8,94 |
| 18314 | Pie, coconut cream, prepared from mix, no-bake type | 8,93 |
| 17051 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw | 8,93 |
| 23319 | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 8,93 |
| 13916 | Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 8,91 |
| 03861 | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA | 8,90 |
| 03929 | Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted | 8,90 |
| 28098 | KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter | 8,90 |
| 19043 | Snacks, potato chips, sour-cream-and-onion-flavor | 8,89 |
| 13820 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 8,89 |
| 19307 | Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies | 8,89 |
| 19415 | Snacks, potato sticks | 8,88 |
| 07906 | Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium | 8,87 |
| 18947 | Pie crust, deep dish, frozen, baked, made with enriched flour | 8,86 |
| 19239 | Candies, REESE'S NUTRAGEOUS Candy Bar | 8,86 |
| 42258 | Cheese product, pasteurized process, cheddar, reduced fat | 8,85 |
| 01215 | Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D | 8,85 |
| 13927 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 8,85 |
| 23194 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 8,84 |
| 17002 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked | 8,83 |
| 07064 | Pork sausage, link/patty, cooked, pan-fried | 8,83 |
| 19295 | Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar | 8,82 |
| 07021 | Dutch brand loaf, chicken, pork and beef | 8,81 |
| 13317 | Beef, ground, patties, frozen, cooked, broiled | 8,80 |
| 04630 | Margarine Spread, approximately 48% fat, tub | 8,79 |
| 43278 | Cheese, american cheddar, imitation | 8,79 |
| 43015 | Salad dressing, caesar dressing, regular | 8,79 |
| 10076 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted | 8,78 |
| 23182 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised | 8,76 |
| 17407 | Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted | 8,76 |
| 17255 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked | 8,76 |
| 23196 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 8,75 |
| 23202 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 8,74 |
| 17020 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 8,74 |
| 17046 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 8,74 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17411 | Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised | 8,74 |
| 18630 | PILLSBURY, Chocolate Chip Cookies, refrigerated dough | 8,73 |
| 13908 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 8,72 |
| 07939 | Frankfurter, pork | 8,72 |
| 12137 | Nuts, mixed nuts, oil roasted, with peanuts, without salt added | 8,71 |
| 12637 | Nuts, mixed nuts, oil roasted, with peanuts, with salt added | 8,71 |
| 12737 | Nuts, mixed nuts, oil roasted, with peanuts, lightly salted | 8,71 |
| 12140 | Nuts, formulated, wheat-based, unflavored, with salt added | 8,70 |
| 01178 | Sour cream, reduced fat | 8,70 |
| 13854 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 8,70 |
| 25056 | Snacks, granola bar, QUAKER, DIPPS, all flavors | 8,69 |
| 25050 | Snacks, yucca (cassava) chips, salted | 8,69 |
| 16389 | Peanuts, all types, oil-roasted, without salt | 8,69 |
| 23141 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 8,68 |
| 23140 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 8,66 |
| 12014 | Seeds, pumpkin and squash seed kernels, dried | 8,66 |
| 16089 | Peanuts, all types, oil-roasted, with salt | 8,66 |
| 17237 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 8,65 |
| 19159 | Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar | 8,65 |
| 19410 | Snack, potato chips, made from dried potatoes, plain | 8,64 |
| 17054 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 8,64 |
| 17254 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw | 8,64 |
| 04128 | Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt | 8,64 |
| 04690 | Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D | 8,64 |
| 23142 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 8,63 |
| 19227 | Frostings, coconut-nut, ready-to-eat | 8,63 |
| 21362 | McDONALD'S, Sausage Biscuit with Egg | 8,63 |
| 18336 | Pie crust, standard-type, prepared from recipe, baked | 8,62 |
| 23136 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 8,62 |
| 28301 | Cookies, peanut butter, commercially prepared, sugar free | 8,62 |
| 07033 | Ham and cheese spread | 8,62 |
| 01126 | Egg, yolk, raw, frozen, pasteurized | 8,62 |
| 25060 | Snack, Pretzel, hard chocolate coated | 8,61 |
| 13338 | Beef, variety meats and by-products, thymus, cooked, braised | 8,61 |
| 19124 | Baking chocolate, mexican, squares | 8,61 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 19421 | Snacks, potato chips, cheese-flavor | 8,60 |
| 28232 | MURRAY, Vanilla Sugar Wafer | 8,60 |
| 04026 | Salad dressing, mayonnaise, soybean and safflower oil, with salt | 8,60 |
| 21384 | BURGER KING, CROISSAN'WICH with Sausage and Cheese | 8,60 |
| 32032 | Sausage, egg and cheese breakfast biscuit | 8,60 |
| 32036 | JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared | 8,60 |
| 13166 | USDA Commodity, beef, canned | 8,59 |
| 13817 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 8,59 |
| 12016 | Seeds, pumpkin and squash seed kernels, roasted, without salt | 8,54 |
| 12516 | Seeds, pumpkin and squash seed kernels, roasted, with salt added | 8,54 |
| 03913 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder | 8,54 |
| 19302 | Candies, MARS SNACKFOOD US, SNICKERS Almond bar | 8,53 |
| 13380 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 8,53 |
| 28062 | KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies | 8,50 |
| 17464 | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled | 8,48 |
| 23200 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 8,48 |
| 19061 | Snacks, trail mix, tropical | 8,48 |
| 12086 | Nuts, cashew nuts, oil roasted, without salt added | 8,48 |
| 12586 | Nuts, cashew nuts, oil roasted, with salt added | 8,48 |
| 23227 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 8,44 |
| 17038 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 8,44 |
| 07002 | Beerwurst, beer salami, pork and beef | 8,44 |
| 07931 | Beerwurst, pork and beef | 8,44 |
| 17413 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted | 8,43 |
| 05160 | Squab, (pigeon), meat and skin, raw | 8,43 |
| 13807 | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 8,42 |
| 13917 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 8,41 |
| 18163 | Cookies, chocolate chip, refrigerated dough | 8,39 |
| 10171 | Pork, cured, shoulder, blade roll, separable lean and fat, roasted | 8,38 |
| 17045 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 8,37 |
| 19241 | Frostings, chocolate, creamy, dry mix, prepared with butter | 8,37 |
| 36050 | Restaurant, Mexican, cheese enchilada | 8,36 |
| 23006 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 8,36 |
| 42256 | Margarine-like, vegetable oil spread, stick or tub, sweetened | 8,35 |
| 21014 | Fast foods, croissant, with egg, cheese, and sausage | 8,34 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 21383 | BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese | 8,34 |
| 05048 | Chicken, broilers or fryers, back, meat and skin, raw | 8,34 |
| 25027 | Snacks, plantain chips, salted | 8,34 |
| 19153 | Candies, NESTLE, AFTER EIGHT Mints | 8,33 |
| 21099 | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham | 8,32 |
| 18161 | Cookies, chocolate chip, dry mix | 8,32 |
| 21337 | McDONALD'S, Peanuts (for Sundaes) | 8,30 |
| 28225 | MURRAY, SUGAR FREE, Peanut Butter Cookies | 8,30 |
| 28279 | MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies | 8,30 |
| 01036 | Cheese, ricotta, whole milk | 8,30 |
| 04539 | Salad dressing, blue or roquefort cheese dressing, commercial, regular | 8,28 |
| 21360 | McDONALD'S, Bacon Egg & Cheese Biscuit | 8,26 |
| 23099 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 8,26 |
| 17235 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 8,26 |
| 23201 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 8,25 |
| 23468 | Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried | 8,24 |
| 17246 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw | 8,24 |
| 07978 | Pork sausage, reduced sodium, cooked | 8,24 |
| 27066 | Sauce, horseradish | 8,23 |
| 19252 | Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats | 8,23 |
| 23660 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 8,22 |
| 07964 | Frankfurter, meat and poultry, cooked, grilled | 8,22 |
| 07963 | Frankfurter, meat and poultry, cooked, boiled | 8,22 |
| 17414 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw | 8,21 |
| 18193 | Cookies, shortbread, commercially prepared, pecan | 8,20 |
| 04529 | Oil, almond | 8,20 |
| 18312 | Pie, chocolate mousse, prepared from mix, no-bake type | 8,20 |
| 17280 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw | 8,19 |
| 13933 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried | 8,18 |
| 17053 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 8,18 |
| 17256 | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 8,18 |
| 18334 | Pie crust, standard-type, frozen, ready-to-bake, enriched | 8,16 |
| 06982 | Soup, ramen noodle, beef flavor, dry | 8,16 |
| 21020 | Fast foods, english muffin, with cheese and sausage | 8,15 |
| 23129 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 8,14 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18945 | Pie crust, deep dish, frozen, unbaked, made with enriched flour | 8,13 |
| 17314 | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 8,13 |
| 13340 | Beef, variety meats and by-products, tongue, cooked, simmered | 8,12 |
| 13853 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw | 8,12 |
| 17225 | Lamb, ground, cooked, broiled | 8,12 |
| 06583 | Soup, ramen noodle, any flavor, dry | 8,12 |
| 18192 | Cookies, shortbread, commercially prepared, plain | 8,10 |
| 23180 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 8,10 |
| 28195 | MOTHER'S, Chocolate Chip Cookies | 8,10 |
| 17242 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw | 8,10 |
| 06983 | Soup, ramen noodle, chicken flavor, dry | 8,10 |
| 28357 | GLUTINO, Gluten Free Cookies, Vanilla Creme | 8,09 |
| 18159 | Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched | 8,09 |
| 18522 | ARCHWAY Home Style Cookies, Chocolate Chip Ice Box | 8,08 |
| 23231 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw | 8,07 |
| 18165 | Cookies, chocolate chip, prepared from recipe, made with margarine | 8,07 |
| 17226 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw | 8,07 |
| 19165 | Cocoa, dry powder, unsweetened | 8,07 |
| 23469 | Beef, New Zealand, imported, striploin, separable lean and fat, raw | 8,06 |
| 19313 | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits | 8,05 |
| 17037 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 8,04 |
| 17249 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted | 8,04 |
| 17250 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw | 8,04 |
| 19896 | Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar | 8,04 |
| 01164 | Cheese sauce, prepared from recipe | 8,03 |
| 42289 | Oil, corn and canola | 8,03 |
| 21459 | POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading | 8,02 |
| 21101 | Fast foods, cheeseburger; triple, regular patty; plain | 8,02 |
| 07915 | Sausage, Polish, beef with chicken, hot | 8,01 |
| 12135 | Nuts, mixed nuts, dry roasted, with peanuts, without salt added | 8,01 |
| 13393 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 8,01 |
| 06630 | Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve | 8,01 |
| 28150 | KEEBLER, TRADITIONS, Iced Lemonade Cookies | 8,00 |
| 28202 | MOTHER'S, Iced Lemonade Cookies | 8,00 |
| 44048 | Cheese food, pasteurized process, American, imitation, without added vitamin D | 8,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07952 | Bologna, chicken, turkey, pork | 7,99 |
| 17245 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 7,98 |
| 23128 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 7,98 |
| 18332 | Pie crust, standard-type, dry mix | 7,97 |
| 16156 | Peanut butter, chunky, vitamin and mineral fortified | 7,97 |
| 17253 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 7,96 |
| 42173 | Turkey and pork sausage, fresh, bulk, patty or link, cooked | 7,95 |
| 07061 | Mother's loaf, pork | 7,95 |
| 17281 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked | 7,94 |
| 10170 | Pork, cured, shoulder, blade roll, separable lean and fat, unheated | 7,94 |
| 23293 | Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw | 7,94 |
| 19309 | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme | 7,93 |
| 28332 | Cookies, gluten-free, chocolate sandwich, with creme filling | 7,90 |
| 28356 | GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme | 7,90 |
| 13906 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 7,90 |
| 12171 | Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat) | 7,90 |
| 13812 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 7,90 |
| 07930 | Yachtwurst, with pistachio nuts, cooked | 7,90 |
| 13851 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 7,89 |
| 16094 | Peanuts, valencia, oil-roasted, with salt | 7,89 |
| 16394 | Peanuts, valencia, oil-roasted, without salt | 7,89 |
| 21311 | McDONALD'S, Creamy Ranch Sauce | 7,89 |
| 10219 | Pork, fresh, ground, raw | 7,87 |
| 10071 | Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted | 7,86 |
| 13381 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 7,85 |
| 17221 | Lamb, variety meats and by-products, tongue, cooked, braised | 7,83 |
| 13815 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 7,82 |
| 17257 | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 7,82 |
| 23183 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw | 7,81 |
| 23008 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 7,81 |
| 28034 | GIRL SCOUTS, Thank U Berry Munch Cookies | 7,80 |
| 28227 | MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies | 7,80 |
| 10193 | Pork, fresh, backribs, separable lean and fat, cooked, roasted | 7,80 |
| 23323 | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw | 7,79 |
| 33862 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder | 7,79 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 12087 | Nuts, cashew nuts, raw | 7,78 |
| 19156 | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits | 7,78 |
| 19166 | Cocoa, dry powder, unsweetened, processed with alkali | 7,76 |
| 18164 | Cookies, chocolate chip, refrigerated dough, baked | 7,76 |
| 04644 | Oil, industrial, canola for salads, woks and light frying | 7,76 |
| 13150 | Beef, rib, shortribs, separable lean only, choice, cooked, braised | 7,74 |
| 23130 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 7,74 |
| 23222 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 7,73 |
| 16090 | Peanuts, all types, dry-roasted, with salt | 7,72 |
| 16390 | Peanuts, all types, dry-roasted, without salt | 7,72 |
| 10220 | Pork, fresh, ground, cooked | 7,72 |
| 42291 | Peanut butter, reduced sodium | 7,72 |
| 18333 | Pie crust, standard-type, dry mix, prepared, baked | 7,71 |
| 28102 | KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size | 7,70 |
| 28198 | MOTHER'S, Double Fudge Creme Sandwich Cookies | 7,70 |
| 13850 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 7,69 |
| 19048 | Snacks, pretzels, hard, confectioner's coating, chocolate-flavor | 7,68 |
| 18402 | Pie crust, standard-type, prepared from recipe, unbaked | 7,67 |
| 10168 | Pork, cured, shoulder, arm picnic, separable lean and fat, roasted | 7,67 |
| 07950 | Frankfurter, meat | 7,67 |
| 18204 | Cookies, sugar, commercially prepared, regular (includes vanilla) | 7,67 |
| 23117 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 7,67 |
| 17248 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 7,66 |
| 07972 | Meatballs, frozen, Italian style | 7,63 |
| 07090 | Luncheon sausage, pork and beef | 7,62 |
| 13810 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 7,62 |
| 10098 | Pork, fresh, variety meats and by-products, chitterlings, raw | 7,62 |
| 04643 | Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying | 7,62 |
| 05016 | Chicken, broilers or fryers, skin only, cooked, fried, batter | 7,61 |
| 17073 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted | 7,61 |
| 16097 | Peanut butter, chunk style, with salt | 7,61 |
| 16397 | Peanut butter, chunk style, without salt | 7,61 |
| 01193 | KRAFT BREAKSTONE'S Reduced Fat Sour Cream | 7,60 |
| 07962 | Frankfurter, meat and poultry, unheated | 7,58 |
| 23572 | Beef, ground, 80% lean meat / 20% fat, raw | 7,58 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07063 | Pork sausage, link/patty, unprepared | 7,57 |
| 21492 | DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust | 7,56 |
| 16092 | Peanuts, spanish, oil-roasted, with salt | 7,56 |
| 16392 | Peanuts, spanish, oil-roasted, without salt | 7,56 |
| 13373 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 7,55 |
| 04511 | Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) | 7,54 |
| 13367 | Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 7,53 |
| 13803 | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 7,53 |
| 17244 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 7,53 |
| 10088 | Pork, fresh, spareribs, separable lean and fat, raw | 7,53 |
| 12166 | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 7,53 |
| 19315 | Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews | 7,52 |
| 36049 | ON THE BORDER, cheese enchilada | 7,52 |
| 23213 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 7,52 |
| 17412 | Lamb, New Zealand, imported, neck chops, separable lean and fat, raw | 7,51 |
| 23389 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 7,50 |
| 28228 | MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies | 7,50 |
| 04029 | Salad dressing, mayonnaise, imitation, soybean without cholesterol | 7,50 |
| 13811 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 7,49 |
| 17252 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 7,49 |
| 23002 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 7,48 |
| 19090 | Ice creams, french vanilla, soft-serve | 7,48 |
| 18422 | Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched | 7,48 |
| 01055 | Cream, sour, reduced fat, cultured | 7,47 |
| 01236 | Ice cream, soft serve, chocolate | 7,46 |
| 10978 | Pork, ground, 84% lean / 16% fat, cooked, pan-broiled | 7,45 |
| 13923 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 7,45 |
| 05301 | Poultry, mechanically deboned, from backs and necks with skin, raw | 7,45 |
| 17227 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked | 7,45 |
| 18401 | Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled | 7,43 |
| 17273 | Veal, breast, plate half, boneless, separable lean and fat, cooked, braised | 7,43 |
| 13460 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 7,43 |
| 17011 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw | 7,43 |
| 04670 | USDA Commodity Food, oil, vegetable, low saturated fat | 7,43 |
| 21009 | Fast foods, biscuit, with sausage | 7,43 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23225 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw | 7,43 |
| 18167 | Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated | 7,43 |
| 12698 | Seeds, sesame butter, tahini, type of kernels unspecified | 7,42 |
| 23221 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 7,40 |
| 28117 | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies | 7,40 |
| 04532 | Oil, hazelnut | 7,40 |
| 07971 | Bologna, meat and poultry | 7,39 |
| 23310 | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw | 7,38 |
| 02036 | Spices, rosemary, dried | 7,37 |
| 04582 | Oil, canola | 7,36 |
| 23230 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw | 7,36 |
| 06627 | Sauce, pesto, ready-to-serve, shelf stable | 7,36 |
| 13497 | Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled | 7,34 |
| 21458 | POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading | 7,34 |
| 17378 | Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered | 7,34 |
| 13814 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 7,34 |
| 16093 | Peanuts, valencia, raw | 7,33 |
| 21292 | LITTLE CAESARS 14" Cheese Pizza, Thin Crust | 7,33 |
| 18154 | Cookies, brownies, prepared from recipe | 7,32 |
| 42129 | Bologna, beef and pork, low fat | 7,31 |
| 13806 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 7,30 |
| 28036 | GIRL SCOUTS, Trefoils Cookies | 7,30 |
| 28270 | MOTHER'S, Vanilla Sandwich Cookies | 7,30 |
| 17290 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 7,29 |
| 13459 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 7,27 |
| 05084 | Chicken, broilers or fryers, neck, meat and skin, raw | 7,27 |
| 19115 | Candies, MARS SNACKFOOD US, MARS Almond Bar | 7,27 |
| 13856 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw | 7,26 |
| 13912 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 7,26 |
| 23116 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 7,26 |
| 13809 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 7,25 |
| 21358 | McDONALD'S, Sausage McMUFFIN | 7,25 |
| 19020 | Snacks, granola bars, soft, uncoated, plain | 7,25 |
| 23578 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled | 7,25 |
| 13798 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked | 7,24 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 04600 | Margarine-like, vegetable oil-butter spread, tub, with salt | 7,24 |
| 12144 | Nuts, pecans, oil roasted, without salt added | 7,24 |
| 12644 | Nuts, pecans, oil roasted, with salt added | 7,24 |
| 17080 | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw | 7,23 |
| 23229 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 7,23 |
| 07949 | Frankfurter, meat, heated | 7,22 |
| 25014 | Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil | 7,22 |
| 13920 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 7,21 |
| 28278 | MURRAY, SUGAR FREE, Oatmeal Cookies | 7,20 |
| 07030 | Ham, minced | 7,18 |
| 23144 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 7,18 |
| 36008 | T.G.I. FRIDAY'S, fried mozzarella | 7,17 |
| 01160 | Egg, yolk, raw, frozen, salted, pasteurized | 7,16 |
| 83110 | Fish, mackerel, salted | 7,15 |
| 12738 | Nuts, mixed nuts, oil roasted, without peanuts, lightly salted | 7,14 |
| 23224 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw | 7,14 |
| 07083 | Sausage, Vienna, canned, chicken, beef, pork | 7,12 |
| 12169 | Seeds, sesame butter, paste | 7,12 |
| 21485 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust | 7,12 |
| 01127 | Egg, yolk, raw, frozen, sugared, pasteurized | 7,11 |
| 18360 | Taco shells, baked | 7,10 |
| 28103 | KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size | 7,10 |
| 01192 | KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product | 7,10 |
| 16091 | Peanuts, spanish, raw | 7,10 |
| 17291 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 7,09 |
| 23184 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised | 7,09 |
| 13857 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 7,09 |
| 23541 | Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 7,08 |
| 21092 | Fast foods, cheeseburger; double, regular patty; plain | 7,08 |
| 21493 | DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust | 7,08 |
| 06626 | Sauce, pesto, ready-to-serve, refrigerated | 7,07 |
| 06628 | Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated | 7,07 |
| 12038 | Seeds, sunflower seed kernels, oil roasted, without salt | 7,07 |
| 12538 | Seeds, sunflower seed kernels, oil roasted, with salt added | 7,07 |
| 17081 | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted | 7,07 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18969 | Cream puff, eclair, custard or cream filled, iced | 7,06 |
| 23181 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw | 7,06 |
| 13463 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 7,04 |
| 12130 | Nuts, hickorynuts, dried | 7,04 |
| 23170 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 7,04 |
| 21398 | Fast foods, cheeseburger; single, large patty; with condiments | 7,03 |
| 01049 | Cream, fluid, half and half | 7,03 |
| 21012 | Fast foods, croissant, with egg, cheese, and bacon | 7,03 |
| 02038 | Spices, sage, ground | 7,03 |
| 12141 | Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER | 7,02 |
| 23442 | Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled | 7,02 |
| 13813 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 7,02 |
| 23454 | Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted | 7,01 |
| 18952 | Tostada shells, corn | 7,01 |
| 13337 | Beef, variety meats and by-products, thymus, raw | 7,01 |
| 28335 | Cookies, gluten-free, vanilla sandwich, with creme filling | 7,01 |
| 13921 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 7,00 |
| 04627 | Margarine-like spread with yogurt, approximately 40% fat, tub, with salt | 7,00 |
| 13339 | Beef, variety meats and by-products, tongue, raw | 7,00 |
| 28074 | KEEBLER, E.L. FUDGE, Butter Flavored Cookies | 7,00 |
| 21255 | BURGER KING, DOUBLE WHOPPER, with cheese | 7,00 |
| 21344 | McDONALD'S, Double Cheeseburger | 7,00 |
| 07959 | Bologna, chicken, pork, beef | 7,00 |
| 13819 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 6,99 |
| 18313 | Pie, coconut creme, commercially prepared | 6,98 |
| 10083 | Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted | 6,97 |
| 07032 | Ham and cheese loaf or roll | 6,97 |
| 04639 | Salad dressing, ranch dressing, regular | 6,96 |
| 23143 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 6,96 |
| 21094 | Fast foods, cheeseburger, double, regular patty and bun, with condiments | 6,96 |
| 21395 | Fast foods, cheeseburger; double, regular patty; with condiments | 6,96 |
| 12023 | Seeds, sesame seeds, whole, dried | 6,96 |
| 13494 | Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned | 6,94 |
| 07973 | Turkey bacon, microwaved | 6,93 |
| 21022 | Fast foods, english muffin, with egg, cheese, and sausage | 6,93 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23580 | Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned | 6,93 |
| 23391 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 6,92 |
| 21506 | BURGER KING, Double Cheeseburger | 6,92 |
| 13066 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 6,92 |
| 23223 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 6,91 |
| 13375 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 6,91 |
| 13911 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw | 6,91 |
| 18303 | Pie, banana cream, prepared from mix, no-bake type | 6,90 |
| 28072 | KEEBLER, Country Style Oatmeal Cookies with Raisins | 6,90 |
| 17302 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 6,90 |
| 21273 | PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust | 6,90 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 6,89 |
| 13055 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 6,89 |
| 21483 | Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust | 6,89 |
| 21096 | Fast foods, cheeseburger; single, large patty; plain | 6,87 |
| 05147 | Goose, domesticated, meat and skin, cooked, roasted | 6,87 |
| 25053 | Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut | 6,86 |
| 21507 | WENDY'S, Double Stack, with cheese | 6,85 |
| 21100 | Fast foods, cheeseburger; double, large patty, with condiments and vegetables | 6,85 |
| 36012 | Restaurant, family style, fried mozzarella sticks | 6,85 |
| 23004 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 6,84 |
| 21251 | BURGER KING, Cheeseburger | 6,84 |
| 17211 | Lamb, variety meats and by-products, pancreas, cooked, braised | 6,84 |
| 07010 | Bologna, pork | 6,84 |
| 25046 | Snacks, bagel chips, plain | 6,84 |
| 36416 | Restaurant, Latino, bunuelos (fried yeast bread) | 6,83 |
| 19035 | Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat | 6,82 |
| 23508 | USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw | 6,81 |
| 17087 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised | 6,81 |
| 17330 | Game meat , bison, ground, raw | 6,80 |
| 17448 | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 6,80 |
| 25009 | Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate | 6,80 |
| 19270 | Ice creams, chocolate | 6,80 |
| 19899 | Ice creams, regular, low carbohydrate, chocolate | 6,80 |
| 28122 | KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies | 6,80 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18245 | Danish pastry, cheese | 6,79 |
| 17287 | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 6,79 |
| 19095 | Ice creams, vanilla | 6,79 |
| 19898 | Ice creams, regular, low carbohydrate, vanilla | 6,79 |
| 04698 | Oil, industrial, canola, high oleic | 6,79 |
| 13796 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked | 6,78 |
| 23316 | Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw | 6,78 |
| 19045 | Snacks, potato chips, made from dried potatoes, reduced fat | 6,76 |
| 18185 | Cookies, peanut butter, commercially prepared, regular | 6,75 |
| 17259 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 6,75 |
| 13918 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 6,74 |
| 23455 | Beef, New Zealand, imported, cube roll, separable lean and fat, raw | 6,73 |
| 36004 | APPLEBEE'S, mozzarella sticks | 6,73 |
| 17105 | Veal, loin, separable lean and fat, cooked, braised | 6,73 |
| 12024 | Seeds, sesame seeds, whole, roasted and toasted | 6,72 |
| 12029 | Seeds, sesame seed kernels, toasted, without salt added (decorticated) | 6,72 |
| 12034 | Seeds, sesame meal, partially defatted | 6,72 |
| 12198 | Seeds, sesame butter, tahini, from raw and stone ground kernels | 6,72 |
| 12529 | Seeds, sesame seed kernels, toasted, with salt added (decorticated) | 6,72 |
| 10197 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried | 6,72 |
| 06629 | Sauce, pesto, CLASSICO, basil pesto, ready-to-serve | 6,72 |
| 12136 | Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend | 6,71 |
| 23226 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw | 6,70 |
| 28153 | KEEBLER, Vienna Fingers with Creme Filling | 6,70 |
| 28242 | SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers | 6,70 |
| 21496 | PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust | 6,70 |
| 18148 | Cheesecake prepared from mix, no-bake type | 6,69 |
| 23443 | Beef, New Zealand, imported, variety meats and by-products, tongue, raw | 6,69 |
| 13907 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 6,68 |
| 21491 | PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust | 6,67 |
| 23168 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 6,67 |
| 17258 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 6,67 |
| 07974 | Bacon, turkey, low sodium | 6,67 |
| 19098 | Candies, 5TH AVENUE Candy Bar | 6,65 |
| 23145 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 6,64 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 36611 | DENNY'S, mozzarella cheese sticks | 6,64 |
| 10975 | Pork, ground, 84% lean / 16% fat, cooked, crumbles | 6,63 |
| 17220 | Lamb, variety meats and by-products, tongue, raw | 6,63 |
| 23118 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 6,63 |
| 10150 | Pork, cured, ham, whole, separable lean and fat, unheated | 6,62 |
| 13910 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 6,61 |
| 01179 | Sour cream, light | 6,60 |
| 28129 | KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat | 6,60 |
| 21457 | POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading | 6,59 |
| 10081 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised | 6,58 |
| 10907 | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated | 6,58 |
| 10993 | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted | 6,58 |
| 14015 | Alcoholic beverage, pina colada, canned | 6,57 |
| 12695 | Nuts, almond butter, plain, with salt added | 6,55 |
| 17272 | Veal, breast, whole, boneless, separable lean and fat, cooked, braised | 6,55 |
| 23575 | Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned | 6,55 |
| 10008 | Pork, fresh, leg (ham), whole, separable lean and fat, raw | 6,54 |
| 23313 | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw | 6,54 |
| 02035 | Spices, pumpkin pie spice | 6,53 |
| 21399 | Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise | 6,52 |
| 04678 | Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%) | 6,51 |
| 13924 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 6,51 |
| 13096 | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 6,51 |
| 12635 | Nuts, mixed nuts, dry roasted, with peanuts, with salt added | 6,50 |
| 28131 | KEEBLER, Sweet Cremes Cookies | 6,50 |
| 28199 | MOTHER'S, English Tea Sandwich Cookies | 6,50 |
| 28211 | MURRAY, Chocolatey Chip Thins Cookies | 6,50 |
| 28272 | MURRAY, Chocolate Creme Sandwich Cookies | 6,50 |
| 23005 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 6,50 |
| 19101 | Candies, fudge, chocolate, with nuts, prepared-from-recipe | 6,49 |
| 19418 | Snacks, sesame sticks, wheat-based, salted | 6,48 |
| 19820 | Snacks, sesame sticks, wheat-based, unsalted | 6,48 |
| 36409 | Restaurant, Latino, pupusas con queso (pupusas, cheese) | 6,48 |
| 21089 | Fast foods, cheeseburger; single, regular patty; plain | 6,47 |
| 21345 | McDONALD'S, DOUBLE QUARTER POUNDER with Cheese | 6,47 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 21396 | Fast foods, cheeseburger; double, large patty; with condiments | 6,47 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 6,47 |
| 23114 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 6,46 |
| 17331 | Game meat, bison, ground, cooked, pan-broiled | 6,46 |
| 21005 | Fast Foods, biscuit, with egg and sausage | 6,45 |
| 10122 | Pork, fresh, variety meats and by-products, tongue, cooked, braised | 6,45 |
| 13474 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 6,45 |
| 19100 | Candies, fudge, chocolate, prepared-from-recipe | 6,45 |
| 16095 | Peanuts, virginia, raw | 6,43 |
| 13797 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw | 6,43 |
| 19524 | Snacks, taro chips | 6,43 |
| 17303 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 6,41 |
| 13331 | Beef, variety meats and by-products, pancreas, raw | 6,41 |
| 19040 | Snacks, popcorn, cheese-flavor | 6,41 |
| 21341 | McDONALD'S, BIG BREAKFAST | 6,40 |
| 21340 | McDONALD'S, Sausage Burrito | 6,40 |
| 21519 | Fast foods, breakfast burrito, with egg, cheese, and sausage | 6,40 |
| 17310 | Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw | 6,40 |
| 01189 | KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product | 6,40 |
| 07912 | Roast beef spread | 6,40 |
| 28030 | GIRL SCOUTS, Chalet Cookies | 6,40 |
| 28049 | KEEBLER, Cheese & Cheddar Sandwich Crackers | 6,40 |
| 28238 | SUNSHINE, CHEEZ-IT, Colby Crackers | 6,40 |
| 28241 | SUNSHINE, GRIPZ, Cheez-It Crackers | 6,40 |
| 28261 | FAMOUS AMOS, Chocolate Sandwich Creme Cookies | 6,40 |
| 21410 | Fast foods, bagel, with egg, sausage patty, cheese, and condiments | 6,40 |
| 17294 | Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw | 6,39 |
| 23138 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 6,39 |
| 10805 | USDA Commodity, pork, ground, fine/coarse, frozen, raw | 6,38 |
| 17056 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 6,37 |
| 23581 | Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked | 6,36 |
| 23113 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 6,35 |
| 21279 | DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust | 6,34 |
| 16096 | Peanuts, virginia, oil-roasted, with salt | 6,34 |
| 16396 | Peanuts, virginia, oil-roasted, without salt | 6,34 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17295 | Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 6,34 |
| 13347 | Beef, cured, corned beef, brisket, cooked | 6,34 |
| 17329 | Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled | 6,33 |
| 23507 | USDA Commodity, beef, patties (100%), frozen, raw | 6,33 |
| 18960 | Crackers, snack, GOYA CRACKERS | 6,32 |
| 05086 | Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour | 6,32 |
| 25063 | Snacks, potato chips, made from dried potatoes (preformed), multigrain | 6,31 |
| 10205 | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 6,30 |
| 04530 | Oil, apricot kernel | 6,30 |
| 08584 | Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight | 6,30 |
| 28047 | KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft | 6,30 |
| 28051 | KEEBLER, Cheese on Wheat Sandwich Crackers | 6,30 |
| 28106 | KEEBLER, Almond Crescents Cookies, Holiday | 6,30 |
| 28243 | SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers | 6,30 |
| 28262 | FAMOUS AMOS, Vanilla Sandwich Creme Cookies | 6,30 |
| 28264 | KEEBLER, Oatmeal Cookies | 6,30 |
| 28276 | MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies | 6,30 |
| 07026 | Ham, chopped, canned | 6,29 |
| 18612 | MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered | 6,29 |
| 23232 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw | 6,29 |
| 10954 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised | 6,29 |
| 12143 | Nuts, pecans, dry roasted, without salt added | 6,28 |
| 12643 | Nuts, pecans, dry roasted, with salt added | 6,28 |
| 23579 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled | 6,28 |
| 07003 | Beerwurst, beer salami, pork | 6,28 |
| 16087 | Peanuts, all types, raw | 6,28 |
| 23501 | USDA Commodity, beef patties with VPP, frozen, cooked | 6,25 |
| 23503 | USDA Commodity, beef, patties (100%), frozen, cooked | 6,25 |
| 13909 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 6,25 |
| 18972 | Bread, cheese | 6,25 |
| 25015 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush | 6,25 |
| 10070 | Pork, fresh, shoulder, whole, separable lean and fat, raw | 6,24 |
| 07934 | Kielbasa, Polish, turkey and beef, smoked | 6,23 |
| 21301 | Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust | 6,22 |
| 10981 | Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only | 6,22 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05085 | Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter | 6,22 |
| 33870 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder | 6,22 |
| 23007 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 6,21 |
| 17230 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw | 6,21 |
| 04510 | Oil, safflower, salad or cooking, linoleic, (over 70%) | 6,20 |
| 13932 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 6,20 |
| 21286 | PAPA JOHN'S 14" Cheese Pizza, Thin Crust | 6,20 |
| 28213 | MURRAY, Duplex Creme Sandwich Cookies | 6,20 |
| 04016 | Salad dressing, sesame seed dressing, regular | 6,20 |
| 08023 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN | 6,20 |
| 18188 | Cookies, peanut butter, refrigerated dough, baked | 6,20 |
| 23115 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 6,19 |
| 12142 | Nuts, pecans | 6,18 |
| 13348 | Beef, cured, corned beef, canned | 6,18 |
| 13905 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 6,17 |
| 17040 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 6,17 |
| 13800 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked | 6,16 |
| 23576 | Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked | 6,16 |
| 21488 | Fast foods, quesadilla, with chicken | 6,15 |
| 23137 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 6,15 |
| 21018 | Fast foods, egg, scrambled | 6,15 |
| 18186 | Cookies, peanut butter, commercially prepared, soft-type | 6,15 |
| 21115 | Fast foods, hamburger, large, triple patty, with condiments | 6,15 |
| 23172 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled | 6,13 |
| 21097 | Fast foods, cheeseburger; single, large patty; with condiments and bacon | 6,13 |
| 12155 | Nuts, walnuts, english | 6,13 |
| 18230 | Crackers, standard snack-type, sandwich, with cheese filling | 6,12 |
| 21112 | Fast foods, hamburger; single, large patty; plain | 6,12 |
| 10195 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised | 6,12 |
| 23304 | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 6,10 |
| 21295 | PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust | 6,10 |
| 18983 | AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type | 6,10 |
| 18984 | AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type | 6,10 |
| 19822 | Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds | 6,10 |
| 28050 | KEEBLER, Club & Cheddar Sandwich Crackers | 6,10 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28214 | MURRAY, Lemon Creme Sandwich Cookies | 6,10 |
| 28236 | SUNSHINE, CHEEZ-IT, BIG Crackers | 6,10 |
| 28240 | SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers | 6,10 |
| 28245 | SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain) | 6,10 |
| 28280 | SUNSHINE, CHEEZ-IT, Original Crackers | 6,10 |
| 11658 | Spinach souffle | 6,09 |
| 19062 | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds | 6,09 |
| 17393 | Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised | 6,08 |
| 07004 | Sausage, Berliner, pork, beef | 6,08 |
| 07922 | Bratwurst, beef and pork, smoked | 6,08 |
| 13496 | Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled | 6,08 |
| 13473 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 6,07 |
| 13495 | Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked | 6,07 |
| 07062 | Picnic loaf, pork, beef | 6,07 |
| 13913 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw | 6,07 |
| 04704 | Salad dressing, poppyseed, creamy | 6,06 |
| 19404 | Snacks, granola bars, soft, uncoated, chocolate chip | 6,06 |
| 05102 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour | 6,06 |
| 18355 | Sweet rolls, cheese | 6,06 |
| 23390 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 6,06 |
| 13795 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 6,04 |
| 07966 | Pork sausage, link/patty, reduced fat, cooked, pan-fried | 6,03 |
| 06101 | Soup, cream of vegetable, dry, powder | 6,03 |
| 23574 | Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled | 6,03 |
| 06930 | Sauce, cheese, ready-to-serve | 6,01 |
| 21359 | McDONALD'S, Sausage McMUFFIN with Egg | 6,01 |
| 17359 | Lamb, New Zealand, imported, breast, separable lean only, cooked, braised | 6,00 |
| 28152 | KEEBLER, Vanilla Wafers Minis, Rainbow | 6,00 |
| 28273 | MURRAY, Vanilla Creme Sandwich Cookies | 6,00 |
| 13389 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted | 5,99 |
| 18225 | Crackers, rye, sandwich-type with cheese filling | 5,99 |
| 23001 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 5,98 |
| 17286 | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 5,98 |
| 43017 | Salad dressing, green goddess, regular | 5,98 |
| 07073 | Sandwich spread, pork, beef | 5,98 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13979 | Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 5,97 |
| 23106 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 5,96 |
| 18158 | Cookies, chocolate chip, commercially prepared, regular, lower fat | 5,96 |
| 23267 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 5,96 |
| 10121 | Pork, fresh, variety meats and by-products, tongue, raw | 5,96 |
| 11409 | Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt | 5,96 |
| 12039 | Seeds, sunflower seed kernels, toasted, without salt | 5,95 |
| 12539 | Seeds, sunflower seed kernels, toasted, with salt added | 5,95 |
| 13914 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 5,95 |
| 10082 | Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled | 5,95 |
| 18250 | Doughnuts, cake-type, plain, sugared or glazed | 5,93 |
| 23185 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw | 5,92 |
| 17231 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 5,92 |
| 28367 | SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies | 5,92 |
| 18096 | Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery | 5,92 |
| 23311 | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw | 5,91 |
| 12151 | Nuts, pistachio nuts, raw | 5,91 |
| 18206 | Cookies, sugar, refrigerated dough, baked | 5,91 |
| 17072 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw | 5,90 |
| 10031 | Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted | 5,90 |
| 13332 | Beef, variety meats and by-products, pancreas, cooked, braised | 5,90 |
| 18986 | AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type | 5,90 |
| 28031 | GIRL SCOUTS, Do-si-dos Cookies | 5,90 |
| 28037 | JACKSON'S, Old Fashioned Lemon Jumble Cookies | 5,90 |
| 28269 | MOTHER'S, Old Fashioned Oatmeal Cookies | 5,90 |
| 23103 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 5,90 |
| 17271 | Veal, breast, whole, boneless, separable lean and fat, raw | 5,90 |
| 17379 | Lamb, New Zealand, imported, tongue - swiss cut, raw | 5,90 |
| 23568 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled | 5,90 |
| 21007 | Fast foods, biscuit, with egg, cheese, and bacon | 5,89 |
| 21243 | WENDY'S, CLASSIC DOUBLE, with cheese | 5,89 |
| 17155 | Veal, Australian, rib, rib roast, separable lean and fat, raw | 5,89 |
| 28328 | Cookies, chocolate chip sandwich, with creme filling | 5,88 |
| 23506 | USDA Commodity, beef patties with VPP, frozen, raw | 5,87 |
| 06957 | Gravy, brown instant, dry | 5,87 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17456 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 5,86 |
| 21347 | McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing | 5,86 |
| 18316 | Pie, coconut custard, commercially prepared | 5,85 |
| 07051 | Olive loaf, pork | 5,85 |
| 17321 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked | 5,84 |
| 23305 | Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw | 5,84 |
| 18529 | ARCHWAY Home Style Cookies, Frosty Lemon | 5,83 |
| 05049 | Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter | 5,83 |
| 05101 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter | 5,83 |
| 17007 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw | 5,83 |
| 17228 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw | 5,83 |
| 28286 | Bread, paratha, whole wheat, commercially prepared, frozen | 5,83 |
| 21511 | Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust | 5,82 |
| 21512 | PIZZA HUT 14" Cheese Pizza, Stuffed Crust | 5,82 |
| 18247 | Danish pastry, nut (includes almond, raisin nut, cinnamon nut) | 5,82 |
| 03021 | Babyfood, meat, meat sticks, junior | 5,82 |
| 05051 | Chicken, broilers or fryers, back, meat and skin, cooked, roasted | 5,82 |
| 42117 | Imitation cheese, american or cheddar, low cholesterol | 5,82 |
| 18436 | Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns) | 5,81 |
| 17306 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 5,81 |
| 21006 | Fast foods, biscuit with egg and steak | 5,81 |
| 23570 | Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned | 5,81 |
| 23139 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 5,80 |
| 28109 | KEEBLER, Iced Oatmeal Cookies | 5,80 |
| 28151 | KEEBLER, TRADITIONS, Iced Oatmeal Cookies | 5,80 |
| 28203 | MOTHER'S, Iced Oatmeal Cookies | 5,80 |
| 28219 | MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies | 5,80 |
| 28239 | SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers | 5,80 |
| 28258 | AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type | 5,80 |
| 17015 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw | 5,80 |
| 23171 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw | 5,80 |
| 18417 | Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched | 5,80 |
| 21090 | Fast foods, cheeseburger; single, regular patty, with condiments | 5,80 |
| 18104 | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched | 5,80 |
| 18140 | Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery | 5,79 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18187 | Cookies, peanut butter, refrigerated dough | 5,79 |
| 10196 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled | 5,79 |
| 10192 | Pork, fresh, backribs, separable lean and fat, raw | 5,78 |
| 21253 | BURGER KING, WHOPPER, with cheese | 5,78 |
| 21254 | BURGER KING, DOUBLE WHOPPER, no cheese | 5,77 |
| 21389 | Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise | 5,77 |
| 21456 | POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading | 5,76 |
| 13931 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 5,76 |
| 16150 | Peanut butter, smooth, reduced fat | 5,76 |
| 21397 | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise | 5,75 |
| 21510 | WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single | 5,75 |
| 23502 | USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked | 5,74 |
| 21023 | Fast foods, french toast with butter | 5,74 |
| 23280 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 5,74 |
| 23102 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 5,73 |
| 13391 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 5,72 |
| 13952 | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 5,72 |
| 12077 | Nuts, beechnuts, dried | 5,72 |
| 10919 | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted | 5,72 |
| 23567 | Beef, ground, 85% lean meat / 15% fat, raw | 5,72 |
| 21010 | Fast foods, biscuit, with crispy chicken fillet | 5,71 |
| 21522 | McDONALD'S, Southern Style Chicken Biscuit | 5,71 |
| 28344 | Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour | 5,71 |
| 05123 | Chicken, stewing, meat and skin, raw | 5,71 |
| 08211 | Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S | 5,71 |
| 23545 | Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 5,71 |
| 18609 | KEEBLER, Vanilla Wafers | 5,70 |
| 28229 | MURRAY, SUGAR FREE, Shortbread Cookies | 5,70 |
| 28233 | MURRAY, Vanilla Wafer | 5,70 |
| 21505 | Pizza, cheese topping, thin crust, frozen, cooked | 5,70 |
| 23003 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 5,70 |
| 23105 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 5,69 |
| 17317 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled | 5,69 |
| 23395 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 5,68 |
| 18244 | Danish pastry, cinnamon, enriched | 5,68 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18430 | Danish pastry, cinnamon, unenriched | 5,68 |
| 17187 | Lamb, variety meats and by-products, brain, cooked, pan-fried | 5,67 |
| 25038 | Snacks, granola bars, soft, almond, confectioners coating | 5,67 |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 5,65 |
| 21305 | Fast foods, griddle cake sandwich, egg, cheese, and sausage | 5,65 |
| 21329 | McDONALD'S, Sausage, Egg & Cheese McGRIDDLES | 5,65 |
| 04120 | Salad dressing, french dressing, commercial, regular | 5,65 |
| 04141 | Salad dressing, french dressing, commercial, regular, without salt | 5,65 |
| 01259 | Cheese spread, American or Cheddar cheese base, reduced fat | 5,65 |
| 12152 | Nuts, pistachio nuts, dry roasted, without salt added | 5,64 |
| 12652 | Nuts, pistachio nuts, dry roasted, with salt added | 5,64 |
| 21235 | McDONALD'S, QUARTER POUNDER with Cheese | 5,64 |
| 21473 | DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked | 5,63 |
| 17008 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 5,63 |
| 17229 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 5,63 |
| 17461 | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled | 5,63 |
| 23169 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 5,62 |
| 07940 | Macaroni and cheese loaf, chicken, pork and beef | 5,61 |
| 05050 | Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour | 5,61 |
| 23101 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 5,61 |
| 36614 | DENNY'S, chicken nuggets, star shaped, from kid's menu | 5,61 |
| 13930 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 5,60 |
| 21095 | Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables | 5,60 |
| 23220 | Beef, ground, unspecified fat content, cooked | 5,60 |
| 28216 | MURRAY, Old Fashioned Iced Oatmeal Cookies | 5,60 |
| 28234 | SUNSHINE, CHEEZ-IT, Asiago Crackers | 5,60 |
| 28235 | SUNSHINE, CHEEZ-IT, Baby Swiss Crackers | 5,60 |
| 28248 | SUNSHINE, CHEEZ-IT, Pepper Jack Crackers | 5,60 |
| 18237 | Cream puff shell, prepared from recipe | 5,60 |
| 19027 | Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip | 5,59 |
| 21111 | Fast foods, hamburger; double, regular patty; with condiments | 5,58 |
| 17311 | Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 5,57 |
| 28296 | Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber | 5,57 |
| 23266 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 5,57 |
| 13352 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 5,56 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18229 | Crackers, standard snack-type, regular | 5,56 |
| 17069 | Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised | 5,56 |
| 23215 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 5,55 |
| 19059 | Snacks, trail mix, regular | 5,55 |
| 19821 | Snacks, trail mix, regular, unsalted | 5,55 |
| 13069 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised | 5,54 |
| 18959 | Pastry, Pastelitos de Guava (guava pastries) | 5,54 |
| 07901 | USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked | 5,53 |
| 42074 | Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated | 5,53 |
| 23399 | Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised | 5,53 |
| 13477 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 5,53 |
| 19226 | Frostings, chocolate, creamy, ready-to-eat | 5,53 |
| 25021 | Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE | 5,52 |
| 10803 | USDA Commodity, pork, ground, fine/coarse, frozen, cooked | 5,52 |
| 18015 | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 5,51 |
| 19802 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched | 5,51 |
| 32028 | Turnover, filled with egg, meat and cheese, frozen | 5,51 |
| 23295 | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw | 5,51 |
| 18211 | Puff pastry, frozen, ready-to-bake, baked | 5,50 |
| 19068 | Candies, NESTLE, BIT-O'-HONEY Candy Chews | 5,50 |
| 28108 | KEEBLER, Holiday Jingles Cookies | 5,50 |
| 28237 | SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers | 5,50 |
| 28244 | SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers | 5,50 |
| 28247 | SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers | 5,50 |
| 23571 | Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked | 5,50 |
| 23388 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 5,49 |
| 25064 | Snacks, potato chips, lightly salted | 5,49 |
| 17274 | Veal, breast, point half, boneless, separable lean and fat, cooked, braised | 5,49 |
| 01095 | Milk, canned, condensed, sweetened | 5,49 |
| 17457 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 5,48 |
| 05121 | Chicken, stewing, meat and skin, and giblets and neck, raw | 5,48 |
| 17382 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised | 5,48 |
| 23104 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 5,47 |
| 42161 | Bologna, beef, low fat | 5,46 |
| 19083 | Candies, sweet chocolate coated fondant | 5,46 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07936 | Bologna, pork and turkey, lite | 5,46 |
| 21497 | PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust | 5,46 |
| 23285 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 5,45 |
| 18168 | Cookies, chocolate sandwich, with extra creme filling | 5,45 |
| 18621 | NABISCO, NABISCO RITZ Crackers | 5,45 |
| 21417 | POPEYES, Mild Chicken Strips, analyzed 2006 | 5,44 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 5,44 |
| 10045 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised | 5,44 |
| 21328 | McDONALD'S, Sausage McGRIDDLES | 5,44 |
| 43331 | Salad dressing, bacon and tomato | 5,44 |
| 23042 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 5,43 |
| 18254 | Doughnuts, yeast-leavened, with creme filling | 5,43 |
| 19809 | Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted | 5,43 |
| 19810 | Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted | 5,43 |
| 18101 | Cake, chocolate, prepared from recipe without frosting | 5,43 |
| 21411 | Fast foods, bagel, with breakfast steak, egg, cheese, and condiments | 5,42 |
| 17112 | Veal, rib, separable lean and fat, cooked, roasted | 5,41 |
| 17403 | Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised | 5,40 |
| 21296 | PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust | 5,40 |
| 28207 | MOTHER'S, Old Fashioned Iced Oatmeal Cookies | 5,40 |
| 28231 | MURRAY, SUGAR FREE, Vanilla Wafer | 5,40 |
| 28246 | SUNSHINE, CHEEZ-IT, Mozzarella Crackers | 5,40 |
| 18103 | Coffeecake, cheese | 5,39 |
| 10100 | Pork, fresh, variety meats and by-products, ears, frozen, raw | 5,39 |
| 18541 | ARCHWAY Home Style Cookies, Peanut Butter | 5,39 |
| 23069 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 5,38 |
| 04708 | Mayonnaise, reduced fat, with olive oil | 5,37 |
| 10023 | Pork, fresh, loin, whole, separable lean and fat, cooked, roasted | 5,37 |
| 21306 | Fast foods, griddle cake sandwich, sausage | 5,36 |
| 18961 | Crackers, cream, GAMESA SABROSAS | 5,36 |
| 17454 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 5,36 |
| 25020 | Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut | 5,36 |
| 21472 | Fast Foods, Fried Chicken, Wing, meat and skin and breading | 5,36 |
| 12157 | Nuts, walnuts, dry roasted, with salt added | 5,36 |
| 10198 | Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted | 5,35 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13388 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 5,35 |
| 23278 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 5,35 |
| 23173 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw | 5,35 |
| 36042 | OLIVE GARDEN, lasagna classico | 5,35 |
| 18183 | Cookies, oatmeal, refrigerated dough, baked | 5,34 |
| 21141 | BURGER KING, Vanilla Shake | 5,34 |
| 13047 | Beef, grass-fed, ground, raw | 5,34 |
| 23569 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled | 5,33 |
| 17307 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 5,32 |
| 10992 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled | 5,31 |
| 05304 | Turkey, mechanically deboned, from turkey frames, raw | 5,31 |
| 21003 | Fast foods, biscuit, with egg and bacon | 5,30 |
| 28113 | KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies | 5,30 |
| 28212 | MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies | 5,30 |
| 28275 | MURRAY, Old Fashioned Gingersnaps Cookies | 5,30 |
| 28351 | Cookies, Marie biscuit | 5,29 |
| 18214 | Crackers, cheese, regular | 5,29 |
| 07058 | Pickle and pimiento loaf, pork | 5,29 |
| 23107 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 5,28 |
| 18963 | Garlic bread, frozen | 5,28 |
| 10187 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw | 5,28 |
| 13351 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 5,28 |
| 21275 | PIZZA HUT 12" Pepperoni Pizza, Pan Crust | 5,27 |
| 05034 | Chicken, broilers or fryers, dark meat, meat and skin, raw | 5,26 |
| 17106 | Veal, loin, separable lean and fat, cooked, roasted | 5,26 |
| 23146 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 5,26 |
| 21093 | Fast foods, cheeseburger; double, regular patty, with condiments and vegetables | 5,25 |
| 18243 | Croutons, seasoned | 5,25 |
| 19010 | Snacks, crisped rice bar, chocolate chip | 5,24 |
| 10022 | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled | 5,23 |
| 28300 | Cookies, oatmeal sandwich, with creme filling | 5,23 |
| 17453 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 5,22 |
| 12037 | Seeds, sunflower seed kernels, dry roasted, without salt | 5,22 |
| 12536 | Seeds, sunflower seed kernels from shell, dry roasted, with salt added | 5,22 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 5,22 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13799 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw | 5,22 |
| 21118 | Fast foods, hotdog, plain | 5,21 |
| 32020 | Chicken, thighs, frozen, breaded, reheated | 5,21 |
| 23387 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 5,20 |
| 33879 | Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR | 5,20 |
| 23452 | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised | 5,20 |
| 12170 | Seeds, sesame flour, high-fat | 5,20 |
| 21240 | WENDY'S, CLASSIC SINGLE Hamburger, with cheese | 5,19 |
| 19271 | Ice creams, strawberry | 5,19 |
| 10087 | Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted | 5,19 |
| 23160 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 5,19 |
| 21272 | PIZZA HUT 12" Cheese Pizza, Pan Crust | 5,18 |
| 21091 | Fast foods, cheeseburger; single, regular patty, with condiments and vegetables | 5,18 |
| 21242 | WENDY'S, Jr. Hamburger, with cheese | 5,18 |
| 13372 | Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 5,18 |
| 17135 | Veal, sirloin, separable lean and fat, cooked, braised | 5,18 |
| 18428 | Crackers, wheat, low salt | 5,18 |
| 21013 | Fast foods, croissant, with egg, cheese, and ham | 5,16 |
| 21274 | PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust | 5,16 |
| 18544 | ARCHWAY Home Style Cookies, Raspberry Filled | 5,16 |
| 18547 | ARCHWAY Home Style Cookies, Strawberry Filled | 5,16 |
| 13382 | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 5,16 |
| 36403 | Restaurant, Latino, empanadas, beef, prepared | 5,16 |
| 35141 | Mutton, cooked, roasted (Navajo) | 5,14 |
| 23109 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw | 5,14 |
| 18251 | Doughnuts, cake-type, chocolate, sugared or glazed | 5,13 |
| 13929 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 5,13 |
| 13446 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 5,11 |
| 05124 | Chicken, stewing, meat and skin, cooked, stewed | 5,11 |
| 10021 | Pork, fresh, loin, whole, separable lean and fat, cooked, braised | 5,11 |
| 17142 | Veal, ground, raw | 5,11 |
| 04030 | Sandwich spread, with chopped pickle, regular, unspecified oils | 5,10 |
| 18994 | BEAR NAKED, Fruit & Nut Cookies | 5,10 |
| 28112 | KEEBLER, READY CRUST, Shortbread Pie Crust | 5,10 |
| 28271 | MURRAY, COOKIE JAR CLASSICS, Butter Cookies | 5,10 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 21110 | Fast foods, hamburger; double, regular, patty; plain | 5,10 |
| 25003 | Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C | 5,10 |
| 23060 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 5,10 |
| 18399 | Pie crust, cookie-type, prepared from recipe, graham cracker, chilled | 5,09 |
| 21302 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust | 5,09 |
| 23279 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 5,09 |
| 04017 | Salad dressing, thousand island, commercial, regular | 5,09 |
| 17016 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 5,09 |
| 10208 | Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised | 5,09 |
| 21226 | Pizza, meat and vegetable topping, regular crust, frozen, cooked | 5,08 |
| 23282 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw | 5,08 |
| 13788 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw | 5,07 |
| 18095 | Cake, cherry fudge with chocolate frosting | 5,07 |
| 23214 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 5,06 |
| 10180 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried | 5,06 |
| 17365 | Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised | 5,06 |
| 05308 | Chicken, cornish game hens, meat and skin, cooked, roasted | 5,05 |
| 42259 | Snacks, popcorn, home-prepared, oil-popped, unsalted | 5,05 |
| 07031 | Ham salad spread | 5,05 |
| 21400 | Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce | 5,04 |
| 13786 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 5,04 |
| 05144 | Duck, wild, meat and skin, raw | 5,04 |
| 10140 | Pork, cured, ham, regular (approximately 13% fat), canned, roasted | 5,04 |
| 13885 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw | 5,04 |
| 21271 | PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust | 5,04 |
| 23218 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw | 5,03 |
| 21484 | Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust | 5,03 |
| 17048 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 5,03 |
| 04679 | Oil, PAM cooking spray, original | 5,02 |
| 10085 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised | 5,02 |
| 05052 | Chicken, broilers or fryers, back, meat and skin, cooked, stewed | 5,02 |
| 13362 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked | 5,02 |
| 17213 | Veal, variety meats and by-products, pancreas, cooked, braised | 5,01 |
| 25035 | Snacks, granola bar, chewy, reduced sugar, all flavors | 5,01 |
| 21476 | DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked | 5,01 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13935 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 5,00 |
| 04011 | Salad dressing, KRAFT Mayo Light Mayonnaise | 5,00 |
| 04703 | Salad dressing, honey mustard, regular | 5,00 |
| 05087 | Chicken, broilers or fryers, neck, meat and skin, cooked simmered | 5,00 |
| 28045 | KEEBLER, ANIMALS, Iced Cookies | 5,00 |
| 28111 | KEEBLER, READY CRUST, Chocolate Pie Crust | 5,00 |
| 18942 | Pie Crust, Cookie-type, Graham Cracker, Ready Crust | 5,00 |
| 13791 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw | 5,00 |
| 18190 | Cookies, peanut butter sandwich, regular | 5,00 |
| 18240 | Croissants, apple | 4,99 |
| 23071 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 4,99 |
| 05103 | Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | 4,98 |
| 23268 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 4,97 |
| 21478 | DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked | 4,97 |
| 07907 | USDA Commodity, pork sausage, bulk/links/patties, frozen, raw | 4,97 |
| 13650 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 4,97 |
| 42183 | Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars | 4,96 |
| 18205 | Cookies, sugar, refrigerated dough | 4,96 |
| 05357 | Chicken, broiler, rotisserie, BBQ, back meat and skin | 4,95 |
| 05035 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter | 4,95 |
| 05135 | Chicken, capons, meat and skin, raw | 4,95 |
| 17111 | Veal, rib, separable lean and fat, cooked, braised | 4,95 |
| 36041 | Restaurant, Italian, lasagna with meat | 4,94 |
| 18201 | Cookies, peanut butter sandwich, special dietary | 4,94 |
| 10037 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised | 4,93 |
| 13951 | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 4,93 |
| 14224 | Beverages, coffee, instant, mocha, sweetened | 4,93 |
| 06959 | Gravy, instant turkey, dry | 4,93 |
| 20118 | Noodles, flat, crunchy, Chinese restaurant | 4,93 |
| 10972 | Pork, ground, 84% lean / 16% fat, raw | 4,93 |
| 01037 | Cheese, ricotta, part skim milk | 4,93 |
| 05347 | Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning | 4,92 |
| 10003 | Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw | 4,92 |
| 21440 | KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading | 4,92 |
| 21284 | PAPA JOHN'S 14" Pepperoni Pizza, Original Crust | 4,91 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18513 | ARCHWAY Home Style Cookies, Sugar Free Oatmeal | 4,90 |
| 19857 | Snacks, tortilla chips, nacho-flavor, made with enriched masa flour | 4,90 |
| 28038 | JACKSON'S, Old Fashioned Vanilla Wafers | 4,90 |
| 28154 | KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat | 4,90 |
| 28230 | MURRAY, SUGAR FREE, Shortbread Bites | 4,90 |
| 28254 | SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar | 4,90 |
| 43016 | Salad dressing, coleslaw | 4,90 |
| 13865 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 4,90 |
| 17201 | Lamb, variety meats and by-products, liver, cooked, pan-fried | 4,90 |
| 12147 | Nuts, pine nuts, dried | 4,90 |
| 23157 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 4,90 |
| 23075 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 4,90 |
| 10188 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked | 4,89 |
| 05133 | Chicken, capons, meat and skin and giblets and neck, raw | 4,89 |
| 10189 | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled | 4,89 |
| 19807 | Snacks, popcorn, oil-popped, white popcorn, salt added | 4,89 |
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 4,88 |
| 06958 | Gravy, instant beef, dry | 4,88 |
| 17232 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 4,88 |
| 28295 | Tortillas, ready-to-bake or -fry, whole wheat | 4,88 |
| 10179 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 4,87 |
| 17404 | Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw | 4,86 |
| 10194 | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw | 4,86 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 4,86 |
| 10039 | Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted | 4,86 |
| 21281 | DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust | 4,86 |
| 21498 | PIZZA HUT 14" Sausage Pizza, Pan Crust | 4,86 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 4,85 |
| 13361 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked | 4,85 |
| 36060 | ON THE BORDER, soft taco with ground beef, cheese and lettuce | 4,85 |
| 17371 | Lamb, New Zealand, imported, ground lamb, raw | 4,85 |
| 25006 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar | 4,85 |
| 18256 | Doughnuts, yeast-leavened, with jelly filling | 4,84 |
| 21303 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust | 4,84 |
| 21471 | Fast Foods, Fried Chicken, Thigh, meat and skin and breading | 4,83 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23108 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw | 4,83 |
| 23077 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 4,83 |
| 22903 | Pizza, pepperoni topping, regular crust, frozen, cooked | 4,83 |
| 23288 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 4,82 |
| 21297 | PIZZA HUT 14" Pepperoni Pizza, Pan Crust | 4,82 |
| 21293 | PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust | 4,82 |
| 23284 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 4,82 |
| 05352 | Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning | 4,81 |
| 18120 | Cake, pound, commercially prepared, butter (includes fresh and frozen) | 4,81 |
| 18927 | Crackers, cheese, sandwich-type with cheese filling | 4,81 |
| 21482 | Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust | 4,80 |
| 18231 | Crackers, standard snack-type, sandwich, with peanut butter filling | 4,80 |
| 28065 | KEEBLER, CLUB, Minis Original Crackers | 4,80 |
| 28104 | KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size | 4,80 |
| 28142 | KEEBLER, TOWN HOUSE, Original Crackers | 4,80 |
| 07928 | Sausage, chicken, beef, pork, skinless, smoked | 4,80 |
| 21441 | KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading | 4,80 |
| 23450 | Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised | 4,80 |
| 23156 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 4,79 |
| 25005 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR | 4,79 |
| 10073 | Pork, fresh, shoulder, whole, separable lean only, cooked, roasted | 4,79 |
| 17421 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted | 4,79 |
| 21246 | WENDY'S, Chicken Nuggets | 4,79 |
| 21202 | Fast foods, hamburger, large, single patty, with condiments | 4,78 |
| 13871 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 4,78 |
| 21113 | Fast foods, hamburger; single, large patty; with condiments and vegetables | 4,78 |
| 21280 | DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust | 4,78 |
| 04687 | Margarine-like spread, BENECOL Light Spread | 4,77 |
| 13872 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 4,77 |
| 21385 | BURGER KING, CROISSAN'WICH with Egg and Cheese | 4,77 |
| 14311 | Beverages, Malted drink mix, natural, powder, dairy based. | 4,76 |
| 17034 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 4,76 |
| 23164 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 4,76 |
| 18180 | Cookies, oatmeal, dry mix | 4,76 |
| 21495 | DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust | 4,76 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 25016 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors | 4,75 |
| 18182 | Cookies, oatmeal, refrigerated dough | 4,75 |
| 21418 | POPEYES, Spicy Chicken Strips, analyzed 2006 | 4,74 |
| 17405 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried | 4,74 |
| 17462 | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted | 4,74 |
| 23147 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 4,74 |
| 11373 | Potatoes, au gratin, home-prepared from recipe using butter | 4,73 |
| 07951 | Scrapple, pork | 4,73 |
| 05303 | Poultry, mechanically deboned, from mature hens, raw | 4,73 |
| 12206 | Nuts, almonds, honey roasted, unblanched | 4,73 |
| 13346 | Beef, cured, corned beef, brisket, raw | 4,73 |
| 13354 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled | 4,73 |
| 13395 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled | 4,73 |
| 25004 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar | 4,73 |
| 18943 | Pie Crust, Cookie-type, Chocolate, Ready Crust | 4,72 |
| 32015 | Turnover, cheese-filled, tomato-based sauce, frozen, unprepared | 4,72 |
| 18176 | Cookies, marshmallow, chocolate-coated (includes marshmallow pies) | 4,72 |
| 13873 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 4,72 |
| 23565 | Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned | 4,71 |
| 05104 | Chicken, broilers or fryers, wing, meat and skin, cooked, stewed | 4,71 |
| 05302 | Poultry, mechanically deboned, from backs and necks without skin, raw | 4,71 |
| 10227 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked | 4,70 |
| 19440 | Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip | 4,70 |
| 21388 | Fast foods, miniature cinnamon rolls | 4,70 |
| 28157 | KEEBLER, WHEATABLES, Honey Wheat Crackers | 4,70 |
| 28310 | Cookies, shortbread, reduced fat | 4,69 |
| 18208 | Cookies, sugar, prepared from recipe, made with margarine | 4,69 |
| 25034 | Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors | 4,69 |
| 19147 | Candies, peanut bar | 4,68 |
| 12040 | Seeds, sunflower seed butter, without salt | 4,68 |
| 12540 | Seeds, sunflower seed butter, with salt added | 4,68 |
| 05002 | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter | 4,67 |
| 03998 | Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack | 4,67 |
| 12121 | Nuts, hazelnuts or filberts, blanched | 4,67 |
| 18253 | Doughnuts, french crullers, glazed | 4,67 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23540 | Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 4,67 |
| 19154 | Candies, sesame crunch | 4,66 |
| 43031 | Candies, chocolate covered, caramel with nuts | 4,66 |
| 21114 | Fast foods, hamburger; double, large patty; with condiments and vegetables | 4,65 |
| 17033 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 4,65 |
| 18418 | Cake, pound, commercially prepared, other than all butter, unenriched | 4,65 |
| 18121 | Cake, pound, commercially prepared, other than all butter, enriched | 4,65 |
| 23148 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 4,64 |
| 23176 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 4,64 |
| 21363 | McDONALD'S, Deluxe Breakfast, with syrup and margarine | 4,64 |
| 19063 | Snacks, tortilla chips, taco-flavor | 4,64 |
| 13897 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried | 4,64 |
| 23158 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 4,64 |
| 04685 | Oil, cooking and salad, ENOVA, 80% diglycerides | 4,63 |
| 13864 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw | 4,63 |
| 13886 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 4,63 |
| 23563 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled | 4,63 |
| 05362 | Chicken, broiler, rotisserie, BBQ, wing meat and skin | 4,63 |
| 23217 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw | 4,63 |
| 16104 | Bacon, meatless | 4,62 |
| 17068 | Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw | 4,62 |
| 35142 | Frybread, made with lard (Navajo) | 4,62 |
| 10945 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised | 4,62 |
| 23281 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 4,62 |
| 42138 | Mayonnaise, reduced-calorie or diet, cholesterol-free | 4,62 |
| 18953 | Bread, salvadoran sweet cheese (quesadilla salvadorena) | 4,61 |
| 18533 | ARCHWAY Home Style Cookies, Iced Oatmeal | 4,61 |
| 05007 | Chicken, broilers or fryers, meat and skin, cooked, fried, batter | 4,61 |
| 10017 | Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted | 4,61 |
| 21494 | DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust | 4,61 |
| 01109 | Milk, sheep, fluid | 4,60 |
| 18234 | Crackers, wheat, sandwich, with peanut butter filling | 4,60 |
| 21475 | DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked | 4,60 |
| 28048 | KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft | 4,60 |
| 28167 | KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries | 4,60 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 12012 | Seeds, hemp seed, hulled | 4,60 |
| 13236 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 4,60 |
| 13883 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 4,60 |
| 14231 | Beverages, KRAFT, coffee, instant, French Vanilla Cafe | 4,60 |
| 17233 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 4,60 |
| 01108 | Milk, indian buffalo, fluid | 4,60 |
| 01096 | Milk, canned, evaporated, with added vitamin D and without added vitamin A | 4,59 |
| 01153 | Milk, canned, evaporated, with added vitamin A | 4,59 |
| 01214 | Milk, canned, evaporated, without added vitamin A and vitamin D | 4,59 |
| 13359 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw | 4,59 |
| 21227 | Pizza, meat and vegetable topping, rising crust, frozen, cooked | 4,59 |
| 05036 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour | 4,58 |
| 10115 | Pork, fresh, variety meats and by-products, pancreas, raw | 4,58 |
| 05669 | Ground turkey, 85% lean, 15% fat, pan-broiled crumbles | 4,57 |
| 10142 | Pork, cured, ham, center slice, separable lean and fat, unheated | 4,57 |
| 21289 | LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust | 4,56 |
| 05149 | Goose, domesticated, meat only, cooked, roasted | 4,56 |
| 21276 | PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust | 4,55 |
| 23066 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw | 4,55 |
| 13390 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted | 4,55 |
| 13955 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 4,55 |
| 14063 | Beverages, chocolate powder, no sugar added | 4,54 |
| 19228 | Frostings, cream cheese-flavor, ready-to-eat | 4,54 |
| 11408 | Potatoes, frozen, french fried, par fried, extruded, unprepared | 4,54 |
| 13868 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 4,54 |
| 21288 | LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust | 4,54 |
| 23159 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 4,54 |
| 01225 | Dulce de Leche | 4,53 |
| 11295 | Onion rings, breaded, par fried, frozen, unprepared | 4,53 |
| 13445 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 4,53 |
| 13598 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 4,53 |
| 28326 | Crackers, whole grain, sandwich-type, with peanut butter filling | 4,52 |
| 05091 | Chicken, broilers or fryers, thigh, meat and skin, raw | 4,52 |
| 23406 | Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted | 4,52 |
| 03947 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA | 4,52 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 07254 | Turkey bacon, unprepared | 4,52 |
| 18178 | Cookies, oatmeal, commercially prepared, regular | 4,52 |
| 02033 | Spices, poppy seed | 4,52 |
| 07909 | Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite | 4,51 |
| 12122 | Nuts, hazelnuts or filberts, dry roasted, without salt added | 4,51 |
| 17136 | Veal, sirloin, separable lean and fat, cooked, roasted | 4,51 |
| 17212 | Veal, variety meats and by-products, pancreas, raw | 4,51 |
| 17301 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 4,51 |
| 23460 | Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised | 4,51 |
| 13869 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 4,51 |
| 18479 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon | 4,50 |
| 18990 | AUSTIN, PB & J Crackers, sandwich-type | 4,50 |
| 28043 | KEEBLER, ANIMALS, Cookies | 4,50 |
| 28046 | KEEBLER, ANIMALS, Crackers | 4,50 |
| 28066 | KEEBLER, CLUB, Minis Multigrain Crackers | 4,50 |
| 28185 | KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites | 4,50 |
| 28252 | SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers | 4,50 |
| 15069 | Fish, pompano, florida, cooked, dry heat | 4,50 |
| 25031 | Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors | 4,50 |
| 21107 | Fast foods, hamburger; single, regular patty; plain | 4,49 |
| 13934 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 4,49 |
| 10029 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised | 4,49 |
| 10046 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled | 4,49 |
| 36061 | Restaurant, Mexican, soft taco with ground beef, cheese and lettuce | 4,49 |
| 19409 | Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 | 4,48 |
| 25008 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar | 4,48 |
| 19879 | Ice creams, BREYERS, All Natural Light Mint Chocolate Chip | 4,48 |
| 04143 | Salad dressing, italian dressing, commercial, regular, without salt | 4,47 |
| 21299 | Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust | 4,46 |
| 12120 | Nuts, hazelnuts or filberts | 4,46 |
| 17458 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 4,46 |
| 19004 | Snacks, corn-based, extruded, chips, barbecue-flavor | 4,46 |
| 19804 | Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour | 4,46 |
| 21470 | Fast Foods, Fried Chicken, Drumstick, meat and skin with breading | 4,46 |
| 12036 | Seeds, sunflower seed kernels, dried | 4,46 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 10086 | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled | 4,45 |
| 08059 | Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP | 4,44 |
| 17210 | Lamb, variety meats and by-products, pancreas, raw | 4,44 |
| 18189 | Cookies, peanut butter, prepared from recipe | 4,44 |
| 23453 | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw | 4,44 |
| 21233 | McDONALD'S, Cheeseburger | 4,44 |
| 19181 | Candies, YORK BITES | 4,43 |
| 23044 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 4,42 |
| 13870 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 4,42 |
| 10164 | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw | 4,41 |
| 05092 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter | 4,41 |
| 05109 | Chicken, roasting, meat and skin and giblets and neck, raw | 4,41 |
| 17419 | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted | 4,41 |
| 43275 | Cheese, pasteurized process, American, low fat | 4,41 |
| 10991 | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled | 4,41 |
| 13232 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 4,41 |
| 21304 | Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust | 4,41 |
| 18215 | Crackers, cheese, sandwich-type with peanut butter filling | 4,41 |
| 18987 | AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat | 4,40 |
| 21294 | PIZZA HUT 14" Cheese Pizza, Pan Crust | 4,39 |
| 16128 | Tofu, dried-frozen (koyadofu) | 4,39 |
| 16428 | Tofu, dried-frozen (koyadofu), prepared with calcium sulfate | 4,39 |
| 21282 | DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust | 4,39 |
| 21082 | Fast foods, taco with beef, cheese and lettuce, hard shell | 4,38 |
| 21260 | TACO BELL, Original Taco with beef, cheese and lettuce | 4,38 |
| 19114 | Ice creams, chocolate, light | 4,38 |
| 05300 | Turkey sticks, breaded, battered, fried | 4,38 |
| 17370 | Lamb, New Zealand, imported, ground lamb, cooked, braised | 4,38 |
| 21480 | DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked | 4,38 |
| 23566 | Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked | 4,38 |
| 10904 | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated | 4,37 |
| 10914 | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted | 4,37 |
| 05037 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted | 4,37 |
| 23110 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw | 4,37 |
| 07965 | Pork sausage, link/patty, reduced fat, unprepared | 4,37 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17424 | Veal, ground, cooked, pan-fried | 4,37 |
| 05075 | Chicken, broilers or fryers, leg, meat and skin, raw | 4,37 |
| 36043 | CARRABBA'S ITALIAN GRILL, lasagne | 4,37 |
| 22906 | Chicken pot pie, frozen entree, prepared | 4,36 |
| 23287 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 4,36 |
| 21349 | McDONALD'S, NEWMAN'S OWN Ranch Dressing | 4,36 |
| 10020 | Pork, fresh, loin, whole, separable lean and fat, raw | 4,36 |
| 17445 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 4,36 |
| 23270 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 4,36 |
| 21601 | School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked | 4,36 |
| 18446 | Pie crust, standard-type, frozen, ready-to-bake, unenriched | 4,36 |
| 07011 | Bologna, turkey | 4,36 |
| 23401 | Beef, New Zealand, imported, brisket navel end, separable lean only, raw | 4,35 |
| 17223 | Veal, variety meats and by-products, tongue, cooked, braised | 4,35 |
| 10080 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw | 4,35 |
| 13467 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 4,34 |
| 28308 | Crackers, standard snack-type, with whole wheat | 4,34 |
| 43447 | Snacks, corn-based, extruded, chips, unsalted | 4,34 |
| 13383 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 4,34 |
| 10173 | Pork, fresh, variety meats and by-products, feet, cooked, simmered | 4,34 |
| 01168 | Cheese, low fat, cheddar or colby | 4,34 |
| 17058 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 4,34 |
| 19007 | Snacks, corn-based, extruded, onion-flavor | 4,34 |
| 19091 | Candies, YORK Peppermint Pattie | 4,34 |
| 10030 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled | 4,34 |
| 19003 | Snacks, corn-based, extruded, chips, plain | 4,33 |
| 13149 | Beef, rib, shortribs, separable lean only, choice, raw | 4,33 |
| 13895 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 4,33 |
| 25010 | Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar | 4,33 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 4,32 |
| 01128 | Egg, whole, cooked, fried | 4,32 |
| 06075 | Soup, beef broth or bouillon, powder, dry | 4,32 |
| 22908 | Beef, corned beef hash, with potato, canned | 4,32 |
| 23162 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 4,32 |
| 21291 | LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust | 4,31 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23068 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 4,31 |
| 23216 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 4,31 |
| 05006 | Chicken, broilers or fryers, meat and skin, raw | 4,31 |
| 17420 | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw | 4,30 |
| 13874 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 4,30 |
| 10079 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted | 4,30 |
| 10202 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried | 4,30 |
| 28101 | KEEBLER, Cinnamon Toast Grahams | 4,30 |
| 28138 | KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers | 4,30 |
| 10053 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised | 4,29 |
| 17455 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 4,29 |
| 06124 | Gravy, pork, dry, powder | 4,29 |
| 23528 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 4,28 |
| 22902 | Pizza, meat topping, thick crust, frozen, cooked | 4,28 |
| 32035 | BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared | 4,28 |
| 19893 | Ice creams, BREYERS, All Natural Light French Chocolate | 4,28 |
| 05076 | Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter | 4,28 |
| 17089 | Veal, composite of trimmed retail cuts, separable lean and fat, cooked | 4,28 |
| 21224 | Pizza, cheese topping, regular crust, frozen, cooked | 4,27 |
| 10028 | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw | 4,27 |
| 10178 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried | 4,27 |
| 21119 | Fast foods, hotdog, with chili | 4,26 |
| 18202 | Cookies, sugar wafer, with creme filling, sugar free | 4,26 |
| 23096 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 4,25 |
| 05677 | Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised | 4,25 |
| 21437 | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading | 4,25 |
| 21252 | BURGER KING, WHOPPER, no cheese | 4,25 |
| 13875 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 4,25 |
| 18213 | Cookies, vanilla wafers, higher fat | 4,24 |
| 18157 | Cookies, chocolate wafers | 4,24 |
| 05001 | Chicken, broilers or fryers, meat and skin and giblets and neck, raw | 4,24 |
| 13884 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 4,24 |
| 21393 | Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce | 4,24 |
| 21290 | LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust | 4,24 |
| 18151 | Cookies, brownies, commercially prepared | 4,24 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13867 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 4,23 |
| 21300 | Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust | 4,23 |
| 10158 | USDA Commodity, pork, canned | 4,22 |
| 13980 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 4,22 |
| 21603 | School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked | 4,22 |
| 21605 | School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked | 4,22 |
| 13479 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 4,22 |
| 21298 | PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust | 4,22 |
| 15075 | Fish, sablefish, smoked | 4,21 |
| 12065 | Nuts, almonds, oil roasted, without salt added | 4,21 |
| 12565 | Nuts, almonds, oil roasted, with salt added | 4,21 |
| 12665 | Nuts, almonds, oil roasted, lightly salted | 4,21 |
| 21287 | LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust | 4,21 |
| 21327 | McDONALD'S, Bacon, Egg & Cheese McGRIDDLES | 4,20 |
| 23100 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 4,20 |
| 23174 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 4,20 |
| 28040 | KASHI, TLC, Oatmeal Dark Chocolate Cookies | 4,20 |
| 28208 | MOTHER'S, Peanut Butter Gauchos Cookies | 4,20 |
| 13866 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw | 4,20 |
| 16535 | WORTHINGTON Stripples, frozen, unprepared | 4,20 |
| 16542 | MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared | 4,20 |
| 16603 | MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared | 4,20 |
| 36609 | CRACKER BARREL, macaroni n' cheese plate, from kid's menu | 4,20 |
| 21130 | Fast foods, onion rings, breaded and fried | 4,19 |
| 21509 | BURGER KING, Onion Rings | 4,19 |
| 23564 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled | 4,19 |
| 23041 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 4,19 |
| 18198 | Cookies, chocolate chip, commercially prepared, special dietary | 4,18 |
| 19880 | Ice creams, BREYERS, No Sugar Added, Butter Pecan | 4,18 |
| 05190 | Turkey, all classes, back, meat and skin, cooked, roasted | 4,18 |
| 36040 | CRACKER BARREL, macaroni n' cheese | 4,18 |
| 10912 | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated | 4,18 |
| 15047 | Fish, mackerel, Atlantic, cooked, dry heat | 4,18 |
| 15197 | Fish, herring, Pacific, cooked, dry heat | 4,17 |
| 17325 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised | 4,17 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 20060 | Rice bran, crude | 4,17 |
| 19881 | Ice creams, BREYERS, No Sugar Added, French Vanilla | 4,17 |
| 21350 | McDONALD'S, BIG MAC (without Big Mac Sauce) | 4,16 |
| 23523 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 4,16 |
| 18532 | ARCHWAY Home Style Cookies, Iced Molasses | 4,16 |
| 19422 | Snacks, potato chips, reduced fat | 4,16 |
| 19823 | Potato chips, without salt, reduced fat | 4,16 |
| 05003 | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour | 4,16 |
| 21261 | TACO BELL, Soft Taco with beef, cheese and lettuce | 4,16 |
| 21486 | Fast foods, taco with beef, cheese and lettuce, soft | 4,16 |
| 12195 | Nuts, almond butter, plain, without salt added | 4,15 |
| 36019 | APPLEBEE'S, chili | 4,15 |
| 22529 | Beef Pot Pie, frozen entree, prepared | 4,15 |
| 05692 | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted | 4,14 |
| 19148 | Candies, peanut brittle, prepared-from-recipe | 4,14 |
| 03017 | Babyfood, meat, turkey sticks, junior | 4,14 |
| 05067 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter | 4,14 |
| 10074 | Pork, fresh, shoulder, arm picnic, separable lean and fat, raw | 4,14 |
| 18619 | NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping | 4,14 |
| 21145 | School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen | 4,14 |
| 18128 | Cake, snack cakes, creme-filled, sponge | 4,14 |
| 13356 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw | 4,13 |
| 18233 | Crackers, wheat, sandwich, with cheese filling | 4,13 |
| 19117 | Candies, halavah, plain | 4,13 |
| 05670 | Ground turkey, 85% lean, 15% fat, patties, broiled | 4,13 |
| 05351 | Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning | 4,12 |
| 21436 | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading | 4,12 |
| 23494 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw | 4,12 |
| 18116 | Cake, gingerbread, prepared from recipe | 4,12 |
| 21307 | Fast foods, griddle cake sandwich, egg, cheese, and bacon | 4,12 |
| 05030 | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter | 4,12 |
| 05054 | Chicken, broilers or fryers, back, meat only, cooked, fried | 4,12 |
| 23446 | Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted | 4,12 |
| 13876 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 4,12 |
| 19363 | Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies | 4,12 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 19370 | Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies | 4,12 |
| 10055 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted | 4,11 |
| 05094 | Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted | 4,11 |
| 05095 | Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed | 4,11 |
| 21277 | DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust | 4,11 |
| 13887 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw | 4,10 |
| 18985 | AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type | 4,10 |
| 18993 | BEAR NAKED, Double Chocolate Cookies | 4,10 |
| 18995 | KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese | 4,10 |
| 20086 | Wheat flour, white, tortilla mix, enriched | 4,10 |
| 28039 | KASHI, TLC, Happy Trail Mix Cookies | 4,10 |
| 28105 | KEEBLER, GRIPZ, Cinnamon Grahams, bite-size | 4,10 |
| 28140 | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb | 4,10 |
| 15208 | Fish, sablefish, cooked, dry heat | 4,10 |
| 03014 | Babyfood, meat, chicken sticks, junior | 4,09 |
| 12063 | Nuts, almonds, dry roasted, without salt added | 4,09 |
| 12563 | Nuts, almonds, dry roasted, with salt added | 4,09 |
| 05093 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour | 4,09 |
| 13452 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 4,09 |
| 28349 | Cookies, oatmeal, reduced fat | 4,09 |
| 12059 | Nuts, acorns, dried | 4,08 |
| 07088 | Honey roll sausage, beef | 4,08 |
| 17042 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 4,08 |
| 10987 | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted | 4,08 |
| 22928 | Burrito, beef and bean, microwaved | 4,07 |
| 18615 | MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry | 4,07 |
| 18633 | PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough | 4,07 |
| 05132 | Chicken, stewing, dark meat, meat only, cooked, stewed | 4,07 |
| 17182 | Game meat, raccoon, cooked, roasted | 4,07 |
| 23269 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 4,07 |
| 21278 | DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust | 4,06 |
| 05008 | Chicken, broilers or fryers, meat and skin, cooked, fried, flour | 4,06 |
| 05038 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed | 4,06 |
| 15012 | Fish, caviar, black and red, granular | 4,06 |
| 07212 | OSCAR MAYER, Ham (chopped with natural juice) | 4,06 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 43212 | Bacon bits, meatless | 4,06 |
| 17283 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked | 4,05 |
| 19260 | Ice creams, vanilla, light, no sugar added | 4,05 |
| 10054 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled | 4,04 |
| 23291 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw | 4,04 |
| 17057 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 4,04 |
| 17398 | Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried | 4,04 |
| 18328 | Pie, vanilla cream, prepared from recipe | 4,03 |
| 07025 | Frankfurter, turkey | 4,03 |
| 13465 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 4,03 |
| 10119 | Pork, fresh, variety meats and by-products, stomach, raw | 4,02 |
| 36037 | Restaurant, family style, chili with meat and beans | 4,02 |
| 23219 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw | 4,01 |
| 05323 | Chicken patty, frozen, uncooked | 4,01 |
| 21234 | McDONALD'S, QUARTER POUNDER | 4,01 |
| 22961 | HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen | 4,01 |
| 19042 | Snacks, potato chips, barbecue-flavor | 4,00 |
| 13285 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 4,00 |
| 17339 | Game meat, elk, ground, cooked, pan-broiled | 4,00 |
| 07053 | Pate, chicken liver, canned | 4,00 |
| 18996 | KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese | 4,00 |
| 21500 | KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared | 4,00 |
| 21600 | School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked | 4,00 |
| 28014 | KELLOGG'S, EGGO, Waffles, French Toast | 4,00 |
| 28133 | KEEBLER, TOASTEDS, Buttercrisps Crackers | 4,00 |
| 28139 | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese | 4,00 |
| 28148 | KEEBLER, TOWN HOUSE, Wheat Crackers | 4,00 |
| 28180 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries | 4,00 |
| 28182 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries | 4,00 |
| 28249 | SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers | 4,00 |
| 21324 | McDONALD'S, Baked Apple Pie | 4,00 |
| 17344 | Game meat, deer, ground, cooked, pan-broiled | 3,99 |
| 18199 | Cookies, chocolate sandwich, with creme filling, special dietary | 3,99 |
| 21146 | School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen | 3,99 |
| 18325 | Pie, pecan, prepared from recipe | 3,99 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 21024 | Fast foods, french toast sticks | 3,99 |
| 21386 | BURGER KING, french toast sticks | 3,99 |
| 10908 | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated | 3,98 |
| 13501 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 3,98 |
| 36056 | Restaurant, Mexican, cheese tamales | 3,98 |
| 32031 | Salisbury steak with gravy, frozen | 3,98 |
| 23098 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 3,98 |
| 19348 | Syrups, chocolate, fudge-type | 3,98 |
| 05691 | Chicken, dark meat, thigh, meat and skin, with added solution, raw | 3,98 |
| 21390 | Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise | 3,97 |
| 05320 | Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven) | 3,97 |
| 18010 | Biscuits, plain or buttermilk, dry mix | 3,96 |
| 21479 | DIGIORNO Pizza, supreme topping, rising crust, frozen, baked | 3,96 |
| 14347 | Shake, fast food, vanilla | 3,96 |
| 10200 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised | 3,96 |
| 17123 | Veal, shoulder, arm, separable lean and fat, cooked, braised | 3,96 |
| 17190 | Veal, variety meats and by-products, brain, cooked, pan-fried | 3,96 |
| 08037 | Cereals ready-to-eat, granola, homemade | 3,96 |
| 43282 | Quail, cooked, total edible | 3,96 |
| 21422 | KFC, Popcorn Chicken | 3,95 |
| 03820 | Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder | 3,95 |
| 12062 | Nuts, almonds, blanched | 3,95 |
| 02011 | Spices, cloves, ground | 3,95 |
| 05142 | Duck, domesticated, meat only, cooked, roasted | 3,95 |
| 23059 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 3,94 |
| 07044 | USDA Commodity, luncheon meat, canned | 3,94 |
| 10016 | Pork, fresh, leg (ham), shank half, separable lean and fat, raw | 3,94 |
| 19884 | Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry | 3,94 |
| 23067 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw | 3,94 |
| 10035 | Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted | 3,93 |
| 23283 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw | 3,93 |
| 23562 | Beef, ground, 90% lean meat / 10% fat, raw | 3,93 |
| 05361 | Chicken, broiler, rotisserie, BBQ, thigh meat and skin | 3,93 |
| 18146 | Cake, yellow, prepared from recipe without frosting | 3,92 |
| 12060 | Nuts, acorn flour, full fat | 3,92 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05335 | Chicken, feet, boiled | 3,92 |
| 08012 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH | 3,92 |
| 17366 | Lamb, New Zealand, imported, flap, boneless, separable lean only, raw | 3,92 |
| 23433 | Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried | 3,92 |
| 23392 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 3,92 |
| 36010 | T.G.I. FRIDAY'S, chicken fingers, from kids' menu | 3,92 |
| 10953 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw | 3,91 |
| 13466 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 3,91 |
| 43283 | Pheasant, cooked, total edible | 3,91 |
| 23549 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 3,91 |
| 36020 | T.G.I. FRIDAY'S, chicken fingers | 3,90 |
| 23552 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 3,90 |
| 19882 | Ice creams, BREYERS, No Sugar Added, Vanilla | 3,90 |
| 28107 | KEEBLER, Gingerbread Men Cookies, Holiday | 3,90 |
| 28170 | KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries | 3,90 |
| 28178 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries | 3,90 |
| 28181 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries | 3,90 |
| 28184 | KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites | 3,90 |
| 28250 | SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix | 3,90 |
| 05077 | Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour | 3,90 |
| 13449 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 3,90 |
| 13896 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 3,90 |
| 18102 | Cake, white, prepared from recipe with coconut frosting | 3,90 |
| 23476 | Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned | 3,90 |
| 11407 | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated | 3,89 |
| 11840 | Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt | 3,89 |
| 21098 | Fast foods, cheeseburger; single, large patty; with condiments and vegetables | 3,89 |
| 05307 | Chicken, cornish game hens, meat and skin, raw | 3,89 |
| 13982 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 3,89 |
| 23120 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 3,89 |
| 21439 | KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading | 3,89 |
| 17328 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw | 3,88 |
| 05690 | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised | 3,88 |
| 17041 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 3,88 |
| 23151 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 3,88 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 19057 | Snacks, tortilla chips, nacho cheese | 3,88 |
| 21283 | PAPA JOHN'S 14" Cheese Pizza, Original Crust | 3,87 |
| 25018 | Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar | 3,87 |
| 13862 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 3,87 |
| 23286 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 3,86 |
| 10101 | Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered | 3,86 |
| 17065 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked | 3,86 |
| 07024 | Frankfurter, chicken | 3,86 |
| 13440 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 3,85 |
| 13977 | Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 3,85 |
| 23461 | Beef, New Zealand, imported, flat, separable lean and fat, raw | 3,85 |
| 25062 | Snack, Mixed Berry Bar | 3,85 |
| 23482 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw | 3,84 |
| 21059 | Fast foods, shrimp, breaded and fried | 3,84 |
| 13067 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 3,84 |
| 07919 | Sausage, turkey, breakfast links, mild | 3,84 |
| 18212 | Cookies, vanilla wafers, lower fat | 3,84 |
| 21517 | Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce | 3,84 |
| 21523 | McDONALD'S, RANCH SNACK WRAP, Crispy | 3,84 |
| 19104 | Candies, fudge, vanilla with nuts | 3,83 |
| 21225 | Pizza, cheese topping, rising crust, frozen, cooked | 3,82 |
| 21250 | BURGER KING, Hamburger | 3,82 |
| 23440 | Beef, New Zealand, imported, oyster blade, separable lean and fat, raw | 3,82 |
| 13880 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 3,81 |
| 13888 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 3,81 |
| 21237 | McDONALD'S, BIG MAC | 3,80 |
| 12061 | Nuts, almonds | 3,80 |
| 05021 | Chicken, broilers or fryers, giblets, cooked, fried | 3,80 |
| 28001 | KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola | 3,80 |
| 28134 | KEEBLER, TOASTEDS, Party Pack Cracker Assortment | 3,80 |
| 28141 | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original | 3,80 |
| 28165 | KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries | 3,80 |
| 28179 | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries | 3,80 |
| 28193 | KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries | 3,80 |
| 28215 | MURRAY, JACKS Vanilla Wafers | 3,80 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28260 | KELLOGG'S, EGGO, Waffles, Chocolate Chip | 3,80 |
| 28266 | KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat | 3,80 |
| 42136 | Cream substitute, powdered, light | 3,80 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 3,80 |
| 18443 | Pie, apple, commercially prepared, unenriched flour | 3,80 |
| 23340 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw | 3,79 |
| 05009 | Chicken, broilers or fryers, meat and skin, cooked, roasted | 3,79 |
| 19031 | Snacks, oriental mix, rice-based | 3,78 |
| 10918 | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted | 3,78 |
| 13892 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 3,78 |
| 18427 | Crackers, standard snack-type, regular, low salt | 3,78 |
| 18126 | Cake, shortcake, biscuit-type, prepared from recipe | 3,77 |
| 13500 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 3,77 |
| 19403 | Snacks, crisped rice bar, almond | 3,77 |
| 01144 | Egg substitute, powder | 3,77 |
| 10209 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted | 3,77 |
| 19369 | Candies, MARS SNACKFOOD US, SKITTLES Sours Original | 3,76 |
| 21285 | PAPA JOHN'S 14" The Works Pizza, Original Crust | 3,76 |
| 21477 | DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked | 3,76 |
| 18304 | Pie, banana cream, prepared from recipe | 3,76 |
| 21109 | Fast foods, hamburger; single, regular patty; with condiments and vegetables | 3,76 |
| 13451 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 3,75 |
| 13822 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 3,75 |
| 17117 | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 3,75 |
| 18540 | ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies | 3,75 |
| 19008 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 3,75 |
| 05112 | Chicken, roasting, meat and skin, cooked, roasted | 3,74 |
| 13319 | Beef, variety meats and by-products, brain, cooked, pan-fried | 3,74 |
| 43287 | Dove, cooked (includes squab) | 3,74 |
| 15027 | Fish, fish sticks, frozen, prepared | 3,73 |
| 18023 | Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs | 3,73 |
| 10116 | Pork, fresh, variety meats and by-products, pancreas, cooked, braised | 3,73 |
| 23470 | Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried | 3,73 |
| 36031 | DENNY'S, onion rings | 3,73 |
| 17028 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 3,72 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17275 | Veal, breast, whole, boneless, separable lean only, cooked, braised | 3,72 |
| 17438 | Veal, shoulder, blade chop, separable lean and fat, cooked, grilled | 3,72 |
| 28297 | Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber | 3,71 |
| 01161 | Cheese substitute, mozzarella | 3,71 |
| 17110 | Veal, rib, separable lean and fat, raw | 3,71 |
| 10990 | Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted | 3,71 |
| 13975 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 3,70 |
| 05004 | Chicken, broilers or fryers, meat and skin and giblets and neck, roasted | 3,70 |
| 28002 | KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola | 3,70 |
| 28071 | KEEBLER, CLUB Crackers, Snack Sticks, Original | 3,70 |
| 28256 | AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type | 3,70 |
| 28265 | KEEBLER, Cheese & Peanut Butter Sandwich Crackers | 3,70 |
| 09446 | Plantains, green, fried | 3,69 |
| 13363 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked | 3,69 |
| 21239 | WENDY'S, CLASSIC SINGLE Hamburger, no cheese | 3,69 |
| 23407 | Beef, New Zealand, imported, cube roll, separable lean only, raw | 3,69 |
| 17313 | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled | 3,69 |
| 23451 | Beef, New Zealand, imported, brisket point end, separable lean and fat, raw | 3,68 |
| 23473 | Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled | 3,68 |
| 12021 | Seeds, safflower seed kernels, dried | 3,68 |
| 01138 | Egg, duck, whole, fresh, raw | 3,68 |
| 16110 | Soybeans, mature seeds, roasted, salted | 3,67 |
| 16410 | Soybeans, mature seeds, roasted, no salt added | 3,67 |
| 12163 | Seeds, pumpkin and squash seeds, whole, roasted, without salt | 3,67 |
| 12663 | Seeds, pumpkin and squash seeds, whole, roasted, with salt added | 3,67 |
| 13447 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 3,67 |
| 23289 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 3,67 |
| 22919 | Macaroni and Cheese, canned, microwavable | 3,66 |
| 13878 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 3,66 |
| 17083 | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted | 3,66 |
| 12220 | Seeds, flaxseed | 3,66 |
| 05324 | Chicken patty, frozen, cooked | 3,66 |
| 05068 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour | 3,66 |
| 05110 | Chicken, roasting, meat and skin and giblets and neck, cooked, roasted | 3,66 |
| 05735 | Turkey, retail parts, wing, meat and skin, cooked, roasted | 3,66 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05313 | Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave) | 3,66 |
| 19021 | Snacks, granola bars, soft, uncoated, peanut butter | 3,65 |
| 19895 | Ice creams, BREYERS, No Sugar Added, Chocolate Caramel | 3,65 |
| 13483 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 3,65 |
| 18013 | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked | 3,65 |
| 23166 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled | 3,65 |
| 21364 | McDONALD'S, Hotcakes and Sausage | 3,65 |
| 10026 | Pork, fresh, loin, whole, separable lean only, cooked, broiled | 3,64 |
| 17129 | Veal, shoulder, blade, separable lean and fat, cooked, braised | 3,64 |
| 23119 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 3,64 |
| 13165 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 3,64 |
| 21412 | Light Ice Cream, soft serve, blended with milk chocolate candies | 3,63 |
| 01141 | Egg, turkey, whole, fresh, raw | 3,63 |
| 18179 | Cookies, oatmeal, commercially prepared, soft-type | 3,63 |
| 19393 | Frozen yogurts, chocolate, soft-serve | 3,63 |
| 06211 | Soup, cheese, canned, prepared with equal volume milk | 3,63 |
| 13368 | Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 3,63 |
| 23271 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 3,63 |
| 18528 | ARCHWAY Home Style Cookies, Dutch Cocoa | 3,62 |
| 13965 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 3,62 |
| 23273 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 3,62 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 3,62 |
| 10903 | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated | 3,61 |
| 05693 | Chicken, broiler, rotisserie, BBQ, back meat only | 3,61 |
| 13902 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 3,61 |
| 19039 | Snacks, popcorn, caramel-coated, without peanuts | 3,61 |
| 19265 | Ice creams, chocolate, light, no sugar added | 3,61 |
| 10911 | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated | 3,61 |
| 17104 | Veal, loin, separable lean and fat, raw | 3,61 |
| 23078 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 3,60 |
| 22901 | Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased | 3,60 |
| 28064 | KEEBLER, CLUB, Dash of Salt Crackers | 3,60 |
| 28068 | KEEBLER, CLUB, Original Crackers | 3,60 |
| 28110 | KEEBLER, Toast & Peanut Butter Sandwich Crackers | 3,60 |
| 28159 | KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan | 3,60 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28257 | AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type | 3,60 |
| 05055 | Chicken, broilers or fryers, back, meat only, cooked, roasted | 3,60 |
| 08015 | Cereals ready-to-eat, POST, COCOA PEBBLES | 3,60 |
| 08034 | Cereals ready-to-eat, POST, FRUITY PEBBLES | 3,60 |
| 10855 | HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork | 3,60 |
| 01094 | Milk, buttermilk, dried | 3,60 |
| 22974 | Chicken, nuggets, dark and white meat, precooked, frozen, not reheated | 3,60 |
| 23307 | Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw | 3,60 |
| 23439 | Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried | 3,60 |
| 01139 | Egg, goose, whole, fresh, raw | 3,60 |
| 13957 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 3,60 |
| 13401 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 3,59 |
| 13904 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 3,59 |
| 21021 | Fast foods, english muffin, with egg, cheese, and canadian bacon | 3,59 |
| 21336 | McDONALD'S, Hot Fudge Sundae | 3,59 |
| 21357 | McDONALD'S, Egg McMUFFIN | 3,59 |
| 17050 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 3,59 |
| 23430 | Beef, New Zealand, imported, ribs prepared, cooked, fast roasted | 3,58 |
| 18377 | Cookies, oatmeal, prepared from recipe, without raisins | 3,58 |
| 17079 | Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled | 3,58 |
| 13443 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 3,58 |
| 36022 | APPLEBEE'S, crunchy onion rings | 3,57 |
| 12156 | Nuts, walnuts, glazed | 3,57 |
| 12567 | Nuts, almonds, oil roasted, with salt added, smoke flavor | 3,57 |
| 05079 | Chicken, broilers or fryers, leg, meat and skin, cooked, stewed | 3,57 |
| 10102 | Pork, fresh, variety meats and by-products, feet, raw | 3,57 |
| 10201 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled | 3,57 |
| 19883 | Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl | 3,57 |
| 18951 | Waffles, chocolate chip, frozen, ready-to-heat | 3,57 |
| 21108 | Fast foods, hamburger; single, regular patty; with condiments | 3,57 |
| 23097 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 3,57 |
| 21229 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 3,57 |
| 23458 | Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised | 3,57 |
| 01140 | Egg, quail, whole, fresh, raw | 3,56 |
| 23161 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 3,56 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 21124 | Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato | 3,55 |
| 21213 | SUBWAY, cold cut sub on white bread with lettuce and tomato | 3,55 |
| 10910 | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated | 3,55 |
| 05734 | Turkey, retail parts, wing, meat and skin, raw | 3,55 |
| 23290 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 3,55 |
| 23165 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw | 3,55 |
| 22537 | HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen | 3,54 |
| 10924 | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted | 3,54 |
| 23150 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 3,54 |
| 10203 | Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted | 3,54 |
| 13981 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 3,54 |
| 17147 | Game meat, bear, cooked, simmered | 3,54 |
| 17447 | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted | 3,54 |
| 19058 | Snacks, tortilla chips, ranch-flavor | 3,54 |
| 21438 | KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading | 3,54 |
| 23491 | Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked | 3,54 |
| 05100 | Chicken, broilers or fryers, wing, meat and skin, raw | 3,54 |
| 23149 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 3,53 |
| 23178 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled | 3,53 |
| 23346 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 3,53 |
| 23525 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 3,53 |
| 06618 | Sauce, peanut, made from coconut, water, sugar, peanuts | 3,53 |
| 11843 | Potatoes, au gratin, home-prepared from recipe using margarine | 3,53 |
| 23647 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 3,53 |
| 10012 | Pork, fresh, leg (ham), rump half, separable lean and fat, raw | 3,53 |
| 13439 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 3,52 |
| 05058 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 3,52 |
| 07278 | HORMEL Pillow Pak Sliced Turkey Pepperoni | 3,52 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 3,52 |
| 36057 | CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta | 3,52 |
| 28348 | Rolls, dinner, sweet | 3,52 |
| 36612 | DENNY'S, golden fried shrimp | 3,52 |
| 13882 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 3,52 |
| 21474 | DIGIORNO Pizza, cheese topping, rising crust, frozen, baked | 3,51 |
| 10027 | Pork, fresh, loin, whole, separable lean only, cooked, roasted | 3,51 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13396 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled | 3,51 |
| 17124 | Veal, shoulder, arm, separable lean and fat, cooked, roasted | 3,51 |
| 13879 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 3,51 |
| 15068 | Fish, pompano, florida, raw | 3,51 |
| 21228 | McDONALD'S, Hamburger | 3,50 |
| 17399 | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted | 3,50 |
| 36006 | T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded | 3,50 |
| 21501 | KASHI Pizza, Margherita, frozen, unprepared | 3,50 |
| 28000 | KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip | 3,50 |
| 28070 | KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat | 3,50 |
| 28136 | KEEBLER, TOASTEDS, Sesame Crackers | 3,50 |
| 28163 | KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries | 3,50 |
| 28164 | KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries | 3,50 |
| 28173 | KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries | 3,50 |
| 28183 | KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites | 3,50 |
| 28192 | KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries | 3,50 |
| 28251 | SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat | 3,50 |
| 28281 | SUNSHINE, CHEEZ-IT, Reduced Fat Crackers | 3,50 |
| 05010 | Chicken, broilers or fryers, meat and skin, cooked, stewed | 3,50 |
| 23251 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 3,50 |
| 13956 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw | 3,49 |
| 17148 | Bison, ground, grass-fed, cooked | 3,49 |
| 21604 | School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked | 3,49 |
| 13384 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 3,49 |
| 12154 | Nuts, walnuts, black, dried | 3,48 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 3,48 |
| 23475 | Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked | 3,48 |
| 23339 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw | 3,48 |
| 21002 | Fast foods, biscuit, with egg | 3,48 |
| 36000 | APPLEBEE'S, 9 oz house sirloin steak | 3,48 |
| 10980 | Pork loin, fresh, backribs, bone-in, raw, lean only | 3,48 |
| 15021 | Fish, croaker, Atlantic, cooked, breaded and fried | 3,48 |
| 21149 | School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen | 3,47 |
| 17338 | Game meat, elk, ground, raw | 3,47 |
| 21241 | WENDY'S, Jr. Hamburger, without cheese | 3,47 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 22973 | Corn dogs, frozen, prepared | 3,47 |
| 23628 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 3,46 |
| 23043 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw | 3,46 |
| 28399 | Cookies, animal crackers (includes arrowroot, tea biscuits) | 3,46 |
| 13889 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 3,46 |
| 17130 | Veal, shoulder, blade, separable lean and fat, cooked, roasted | 3,46 |
| 18114 | Cake, gingerbread, dry mix | 3,46 |
| 18191 | Cookies, raisin, soft-type | 3,46 |
| 13469 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 3,45 |
| 13070 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 3,45 |
| 13502 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 3,45 |
| 05005 | Chicken, broilers or fryers, meat and skin and giblets and neck, stewed | 3,45 |
| 07067 | Poultry salad sandwich spread | 3,45 |
| 13499 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw | 3,45 |
| 04641 | Salad dressing, mayonnaise, light | 3,45 |
| 21083 | Fast foods, taco salad | 3,45 |
| 23626 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled | 3,44 |
| 13065 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 3,44 |
| 23394 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 3,44 |
| 06981 | Soup, bouillon cubes and granules, low sodium, dry | 3,43 |
| 06080 | Soup, chicken broth or bouillon, dry | 3,43 |
| 13098 | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled | 3,43 |
| 32034 | HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared | 3,43 |
| 13983 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 3,42 |
| 07027 | Ham, chopped, not canned | 3,42 |
| 13821 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 3,42 |
| 17049 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 3,42 |
| 19293 | Frozen yogurts, vanilla, soft-serve | 3,42 |
| 23072 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw | 3,42 |
| 13453 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 3,42 |
| 06167 | Sauce, homemade, white, thick | 3,42 |
| 13893 | Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 3,42 |
| 36036 | Restaurant, family style, onion rings | 3,42 |
| 05668 | Ground turkey, 85% lean, 15% fat, raw | 3,41 |
| 13448 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 3,41 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17200 | Lamb, variety meats and by-products, liver, cooked, braised | 3,41 |
| 21338 | McDONALD'S, McFLURRY with M&M'S CANDIES | 3,40 |
| 07034 | Headcheese, pork | 3,40 |
| 07927 | Sausage, Italian, turkey, smoked | 3,40 |
| 07929 | Sausage, turkey, hot, smoked | 3,40 |
| 16532 | WORTHINGTON Prosage Roll, frozen, unprepared | 3,40 |
| 17004 | Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked | 3,40 |
| 17118 | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted | 3,40 |
| 19411 | Snacks, potato chips, plain, salted | 3,40 |
| 28007 | KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll | 3,40 |
| 28011 | KELLOGG'S, EGGO, Waffles, Cinnamon Toast | 3,40 |
| 28135 | KEEBLER, TOASTEDS, Onion Crackers | 3,40 |
| 28169 | KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries | 3,40 |
| 28171 | KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries | 3,40 |
| 21121 | Fast foods, roast beef sandwich, plain | 3,40 |
| 21527 | ARBY'S, roast beef sandwich, classic | 3,40 |
| 25045 | Formulated bar, high fiber, chewy, oats and chocolate | 3,40 |
| 04018 | Salad dressing, mayonnaise type, regular, with salt | 3,40 |
| 13948 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 3,40 |
| 18429 | Crackers, whole-wheat, low salt | 3,39 |
| 23302 | Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw | 3,39 |
| 05196 | Turkey, all classes, wing, meat and skin, cooked, roasted | 3,39 |
| 43366 | Turkey, wing, smoked, cooked, with skin, bone removed | 3,38 |
| 19103 | Candies, fudge, vanilla, prepared-from-recipe | 3,38 |
| 01171 | Egg, whole, raw, frozen, pasteurized | 3,38 |
| 05157 | Quail, meat and skin, raw | 3,38 |
| 10025 | Pork, fresh, loin, whole, separable lean only, cooked, braised | 3,38 |
| 15007 | Fish, butterfish, raw | 3,38 |
| 17437 | Veal, loin, chop, separable lean and fat, cooked, grilled | 3,38 |
| 13365 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked | 3,37 |
| 21462 | Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise | 3,37 |
| 17086 | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw | 3,37 |
| 21263 | TACO BELL, Soft Taco with steak | 3,37 |
| 10013 | Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted | 3,37 |
| 13402 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 3,37 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 22975 | Chicken, nuggets, white meat, precooked, frozen, not reheated | 3,37 |
| 36001 | APPLEBEE'S, Double Crunch Shrimp | 3,37 |
| 21518 | Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce | 3,36 |
| 21524 | McDONALD'S, RANCH SNACK WRAP, Grilled | 3,36 |
| 23248 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 3,36 |
| 36016 | Restaurant, family style, shrimp, breaded and fried | 3,36 |
| 17343 | Game meat, deer, ground, raw | 3,36 |
| 17320 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw | 3,36 |
| 23497 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw | 3,35 |
| 17134 | Veal, sirloin, separable lean and fat, raw | 3,35 |
| 23531 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 3,35 |
| 18358 | Sweet rolls, cinnamon, refrigerated dough with frosting, baked | 3,35 |
| 08010 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH | 3,35 |
| 10229 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked | 3,34 |
| 18965 | Crackers, cheese, reduced fat | 3,33 |
| 21405 | McDONALD'S, Premium Crispy Chicken Club Sandwich | 3,33 |
| 27049 | Sauce, tartar, ready-to-serve | 3,33 |
| 01132 | Egg, whole, cooked, scrambled | 3,33 |
| 12006 | Seeds, chia seeds, dried | 3,33 |
| 05122 | Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed | 3,32 |
| 05312 | Chicken, wing, frozen, glazed, barbecue flavored | 3,32 |
| 05031 | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour | 3,32 |
| 01130 | Egg, whole, cooked, omelet | 3,32 |
| 06118 | Gravy, brown, dry | 3,32 |
| 21469 | Fast Foods, Fried Chicken, Breast, meat and skin and breading | 3,32 |
| 28285 | Bread, chapati or roti, whole wheat, commercially prepared, frozen | 3,31 |
| 43589 | Cheese, swiss, low fat | 3,30 |
| 43379 | Cheese, pasteurized process, swiss, low fat | 3,30 |
| 21499 | KASHI Pizza, Roasted Vegetable, frozen, unprepared | 3,30 |
| 28013 | KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip | 3,30 |
| 28026 | KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original | 3,30 |
| 28067 | KEEBLER, CLUB, Multigrain Crackers | 3,30 |
| 28292 | Crackers, multigrain | 3,30 |
| 43355 | Mayonnaise, low sodium, low calorie or diet | 3,30 |
| 04027 | Salad dressing, mayonnaise, imitation, soybean | 3,30 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 3,30 |
| 13901 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw | 3,30 |
| 17032 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw | 3,30 |
| 23560 | Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned | 3,30 |
| 17293 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted | 3,30 |
| 13442 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 3,30 |
| 23459 | Beef, New Zealand, imported, flank, separable lean and fat, raw | 3,29 |
| 02034 | Spices, poultry seasoning | 3,29 |
| 04689 | Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light | 3,29 |
| 15011 | Fish, catfish, channel, cooked, breaded and fried | 3,29 |
| 23474 | Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled | 3,29 |
| 21387 | BURGER KING, Hash Brown Rounds | 3,28 |
| 05134 | Chicken, capons, meat and skin and giblets and neck, cooked, roasted | 3,28 |
| 05195 | Turkey, all classes, wing, meat and skin, raw | 3,28 |
| 10988 | Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled | 3,28 |
| 13470 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 3,28 |
| 17022 | Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 3,28 |
| 13481 | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 3,27 |
| 18139 | Cake, white, prepared from recipe without frosting | 3,27 |
| 10950 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled | 3,27 |
| 01129 | Egg, whole, cooked, hard-boiled | 3,27 |
| 23080 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 3,27 |
| 23132 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 3,26 |
| 23121 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 3,26 |
| 17394 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted | 3,26 |
| 21309 | McDONALD'S, Chicken McNUGGETS | 3,26 |
| 02031 | Spices, pepper, red or cayenne | 3,26 |
| 02039 | Spices, savory, ground | 3,26 |
| 05136 | Chicken, capons, meat and skin, cooked, roasted | 3,26 |
| 05327 | Chicken breast tenders, breaded, uncooked | 3,26 |
| 07914 | Sausage, Italian, sweet, links | 3,26 |
| 13422 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 3,26 |
| 15043 | Fish, herring, Pacific, raw | 3,26 |
| 15046 | Fish, mackerel, Atlantic, raw | 3,26 |
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 3,25 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23376 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 3,25 |
| 18635 | PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough | 3,25 |
| 19887 | Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich | 3,25 |
| 23511 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 3,25 |
| 36606 | CRACKER BARREL, farm raised catfish platter | 3,25 |
| 13364 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked | 3,25 |
| 13877 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 3,24 |
| 18448 | Taco shells, baked, without added salt | 3,24 |
| 23345 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 3,24 |
| 21435 | KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading | 3,24 |
| 23163 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 3,23 |
| 18184 | Cookies, oatmeal, prepared from recipe, with raisins | 3,23 |
| 10898 | Pork, pickled pork hocks | 3,23 |
| 07018 | Chicken spread | 3,23 |
| 13097 | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw | 3,23 |
| 25032 | Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors | 3,23 |
| 28325 | Crackers, toast thins, low sodium | 3,23 |
| 13894 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 3,22 |
| 17439 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 3,22 |
| 19876 | Ice creams, BREYERS, All Natural Light French Vanilla | 3,22 |
| 10063 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised | 3,22 |
| 23630 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 3,22 |
| 15210 | Fish, salmon, chinook, cooked, dry heat | 3,21 |
| 18177 | Cookies, molasses | 3,21 |
| 18232 | Crackers, wheat, regular | 3,21 |
| 28303 | Crackers, cheese, whole grain | 3,21 |
| 23272 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 3,20 |
| 05745 | Turkey, back, from whole bird, meat and skin, with added solution, roasted | 3,20 |
| 15096 | Fish, shark, mixed species, cooked, batter-dipped and fried | 3,20 |
| 15074 | Fish, sablefish, raw | 3,20 |
| 03937 | Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted | 3,20 |
| 03940 | Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted | 3,20 |
| 05326 | Chicken breast tenders, breaded, cooked, microwaved | 3,20 |
| 13899 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 3,20 |
| 18482 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge | 3,20 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18537 | ARCHWAY Home Style Cookies, Oatmeal | 3,20 |
| 19420 | Snacks, granola bars, hard, peanut butter | 3,20 |
| 21503 | KASHI Pizza, Mediterranean, frozen, unprepared | 3,20 |
| 28025 | KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar | 3,20 |
| 28137 | KEEBLER, TOASTEDS, Wheat Crackers | 3,20 |
| 28160 | KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers | 3,20 |
| 28161 | KELLOGG'S, ALL-BRAN, Multigrain Crackers | 3,20 |
| 28253 | SUNSHINE, CHEEZ-IT, Snack Mix | 3,20 |
| 28274 | MURRAY, Honey Graham | 3,20 |
| 36015 | Restaurant, family style, chicken fingers, from kid's menu | 3,20 |
| 15168 | Mollusks, oyster, eastern, cooked, breaded and fried | 3,20 |
| 17396 | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted | 3,20 |
| 23600 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 3,20 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 3,19 |
| 43268 | Whipped cream substitute, dietetic, made from powdered mix | 3,19 |
| 18321 | Pie, lemon meringue, prepared from recipe | 3,18 |
| 13398 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 3,18 |
| 10936 | Pork, cured, ham, shank, bone-in, separable lean and fat, unheated | 3,18 |
| 21033 | Fast foods, sundae, hot fudge | 3,18 |
| 01255 | Egg, whole, raw, frozen, salted, pasteurized | 3,18 |
| 28352 | Cookies, vanilla sandwich with creme filling, reduced fat | 3,18 |
| 21060 | Fast foods, burrito, with beans | 3,17 |
| 18327 | Pie, pumpkin, prepared from recipe | 3,17 |
| 23614 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 3,17 |
| 07001 | Barbecue loaf, pork, beef | 3,17 |
| 36410 | Restaurant, Latino, pupusas del cerdo (pupusas, pork) | 3,17 |
| 10064 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled | 3,16 |
| 16116 | Soy flour, full-fat, roasted | 3,16 |
| 05029 | Chicken, broilers or fryers, light meat, meat and skin, raw | 3,16 |
| 17097 | Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded | 3,16 |
| 17305 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled | 3,16 |
| 13863 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 3,15 |
| 13369 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 3,15 |
| 13410 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised | 3,15 |
| 17060 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised | 3,15 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18608 | KEEBLER, KEEBLER Chocolate Graham SELECTS | 3,15 |
| 05701 | Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted | 3,14 |
| 36013 | Restaurant, family style, sirloin steak | 3,14 |
| 13954 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 3,14 |
| 17192 | Lamb, variety meats and by-products, heart, cooked, braised | 3,14 |
| 18012 | Biscuits, plain or buttermilk, refrigerated dough, lower fat | 3,14 |
| 16111 | Soybeans, mature seeds, dry roasted | 3,13 |
| 01123 | Egg, whole, raw, fresh | 3,13 |
| 15094 | Fish, shad, american, raw | 3,13 |
| 21157 | SUBWAY, meatball marinara sub on white bread (no toppings) | 3,12 |
| 21158 | Fast foods, submarine sandwich, meatball marinara on white bread | 3,12 |
| 13891 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 3,12 |
| 05044 | Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 3,12 |
| 10136 | Pork, cured, ham, boneless, regular (approximately 11% fat), roasted | 3,12 |
| 17392 | Lamb, New Zealand, imported, neck chops, separable lean only, raw | 3,12 |
| 23412 | Beef, New Zealand, imported, flat, separable lean only, cooked, braised | 3,12 |
| 10923 | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted | 3,12 |
| 08625 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch | 3,12 |
| 01131 | Egg, whole, cooked, poached | 3,11 |
| 23131 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 3,11 |
| 17309 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled | 3,11 |
| 01185 | Parmesan cheese topping, fat free | 3,11 |
| 05333 | Chicken, ground, crumbles, cooked, pan-browned | 3,11 |
| 21461 | Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise | 3,11 |
| 23622 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 3,11 |
| 23484 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked | 3,11 |
| 13985 | Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 3,11 |
| 10226 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw | 3,11 |
| 36032 | DENNY'S, spaghetti and meatballs | 3,10 |
| 36038 | Restaurant, family style, spaghetti and meatballs | 3,10 |
| 12058 | Nuts, acorns, raw | 3,10 |
| 15196 | Fish, halibut, greenland, cooked, dry heat | 3,10 |
| 01060 | Milk, filled, fluid, with lauric acid oil | 3,10 |
| 05126 | Chicken, stewing, meat only, cooked, stewed | 3,10 |
| 15078 | Fish, salmon, chinook, raw | 3,10 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18489 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry | 3,10 |
| 18490 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry | 3,10 |
| 28022 | KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice | 3,10 |
| 28158 | KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond | 3,10 |
| 28172 | KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries | 3,10 |
| 28175 | KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries | 3,10 |
| 28176 | KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries | 3,10 |
| 28177 | KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries | 3,10 |
| 10986 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled | 3,10 |
| 10093 | Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked | 3,09 |
| 18022 | Bread, cornbread, dry mix, enriched (includes corn muffin mix) | 3,09 |
| 18412 | Bread, cornbread, dry mix, unenriched (includes corn muffin mix) | 3,09 |
| 18938 | Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry) | 3,09 |
| 22963 | Lean Pockets, Meatballs & Mozzarella | 3,09 |
| 18357 | Sweet rolls, cinnamon, refrigerated dough with frosting | 3,08 |
| 08550 | Cereals ready-to-eat, QUAKER, Christmas Crunch | 3,08 |
| 03812 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA | 3,08 |
| 08011 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES | 3,08 |
| 21004 | Fast foods, biscuit, with egg and ham | 3,08 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 3,08 |
| 21446 | POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed | 3,08 |
| 03818 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA | 3,08 |
| 10906 | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated | 3,08 |
| 23654 | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 3,07 |
| 18175 | Cookies, ladyfingers, with lemon juice and rind | 3,07 |
| 13487 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw | 3,07 |
| 36605 | CRACKER BARREL, country fried shrimp platter | 3,06 |
| 05194 | Turkey, all classes, leg, meat and skin, cooked, roasted | 3,06 |
| 17096 | Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded | 3,06 |
| 03830 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA | 3,06 |
| 10186 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried | 3,06 |
| 23154 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 3,06 |
| 23177 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw | 3,06 |
| 11381 | Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added | 3,06 |
| 16088 | Peanuts, all types, cooked, boiled, with salt | 3,06 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 43367 | Turkey, drumstick, smoked, cooked, with skin, bone removed | 3,05 |
| 23276 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 3,05 |
| 13343 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised | 3,05 |
| 05032 | Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted | 3,05 |
| 15236 | Fish, salmon, Atlantic, farmed, raw | 3,05 |
| 17075 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted | 3,05 |
| 18302 | Pie, apple, prepared from recipe | 3,05 |
| 36608 | CRACKER BARREL, grilled sirloin steak | 3,04 |
| 17397 | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw | 3,04 |
| 18954 | Bread, pound cake type, pan de torta salvadoran | 3,04 |
| 05056 | Chicken, broilers or fryers, back, meat only, cooked, stewed | 3,04 |
| 16100 | Peanut flour, low fat | 3,04 |
| 17143 | Veal, ground, cooked, broiled | 3,04 |
| 23152 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 3,04 |
| 03824 | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted | 3,04 |
| 01076 | Milk substitutes, fluid, with lauric acid oil | 3,04 |
| 13441 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 3,04 |
| 23038 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 3,03 |
| 23074 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 3,03 |
| 13898 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 3,02 |
| 15026 | Fish, eel, mixed species, cooked, dry heat | 3,02 |
| 18423 | Cookies, ladyfingers, without lemon juice and rind | 3,02 |
| 05349 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning | 3,02 |
| 10935 | Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted | 3,02 |
| 23447 | Beef, New Zealand, imported, bolar blade, separable lean and fat, raw | 3,02 |
| 23250 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 3,01 |
| 23464 | Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised | 3,01 |
| 10955 | Pork, cured, ham, rump, bone-in, separable lean and fat, unheated | 3,01 |
| 05341 | Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning | 3,01 |
| 13421 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 3,01 |
| 05089 | Chicken, broilers or fryers, neck, meat only, cooked, fried | 3,00 |
| 08453 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry | 3,00 |
| 16619 | MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared | 3,00 |
| 23070 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 3,00 |
| 28145 | KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers | 3,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28146 | KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers | 3,00 |
| 10036 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw | 2,99 |
| 10863 | Pork, fresh, variety meats and by-products, stomach, cooked, simmered | 2,99 |
| 23375 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 2,99 |
| 23247 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 2,99 |
| 16115 | Soy flour, full-fat, raw | 2,99 |
| 18309 | Pie, cherry, prepared from recipe | 2,98 |
| 21434 | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading | 2,98 |
| 42230 | Salad Dressing, coleslaw dressing, reduced fat | 2,98 |
| 13881 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 2,98 |
| 18210 | Cookies, vanilla sandwich with creme filling | 2,98 |
| 21270 | TACO BELL, Taco Salad | 2,98 |
| 13970 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,98 |
| 23558 | Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled | 2,98 |
| 05317 | Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted | 2,98 |
| 19230 | Frostings, vanilla, creamy, ready-to-eat | 2,97 |
| 03801 | Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted | 2,97 |
| 03854 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA | 2,97 |
| 05666 | Ground turkey, 93% lean, 7% fat, pan-broiled crumbles | 2,97 |
| 21520 | Fast foods, breadstick, soft, prepared with garlic and parmesan cheese | 2,97 |
| 21525 | PIZZA HUT, breadstick, parmesan garlic | 2,97 |
| 43329 | Salad dressing, mayonnaise and mayonnaise-type, low calorie | 2,96 |
| 05743 | Turkey, retail parts, thigh, meat and skin, cooked, roasted | 2,96 |
| 05667 | Ground turkey, 93% lean, 7% fat, patties, broiled | 2,96 |
| 18107 | Coffeecake, cinnamon with crumb topping, dry mix | 2,96 |
| 23050 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 2,95 |
| 23587 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 2,95 |
| 13949 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 2,95 |
| 17352 | Veal, Australian, shank, hind, bone-in, separable lean and fat | 2,95 |
| 21120 | Fast foods, hotdog, with corn flour coating (corndog) | 2,95 |
| 22917 | Burrito, beef and bean, frozen | 2,95 |
| 23462 | Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised | 2,95 |
| 04114 | Salad dressing, italian dressing, commercial, regular | 2,95 |
| 17350 | Veal, Australian, shank, fore, bone-in, separable lean and fat, raw | 2,95 |
| 13326 | Beef, variety meats and by-products, liver, cooked, braised | 2,95 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 36034 | Restaurant, family style, chicken tenders | 2,95 |
| 10132 | Pork, cured, feet, pickled | 2,94 |
| 10939 | Pork, cured, ham, slice, bone-in, separable lean and fat, unheated | 2,94 |
| 33865 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted | 2,94 |
| 18634 | PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough | 2,94 |
| 25012 | Snacks, sweet potato chips, unsalted | 2,94 |
| 28299 | Cookies, chocolate sandwich, with creme filling, reduced fat | 2,94 |
| 36026 | CRACKER BARREL, onion rings, thick-cut | 2,94 |
| 05676 | Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised | 2,94 |
| 18284 | Muffins, wheat bran, dry mix | 2,94 |
| 21445 | POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed | 2,94 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 2,94 |
| 18141 | Cake, yellow, commercially prepared, with vanilla frosting | 2,94 |
| 13900 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 2,93 |
| 10043 | Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted | 2,93 |
| 18426 | Crackers, saltines, unsalted tops (includes oyster, soda, soup) | 2,93 |
| 05184 | Turkey, dark meat from whole, meat and skin, cooked, roasted | 2,93 |
| 10221 | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled | 2,93 |
| 13823 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 2,93 |
| 19088 | Ice creams, vanilla, light | 2,93 |
| 16107 | Sausage, meatless | 2,93 |
| 23428 | Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised | 2,92 |
| 18364 | Tortillas, ready-to-bake or -fry, flour, refrigerated | 2,92 |
| 05687 | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised | 2,92 |
| 05315 | Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted | 2,92 |
| 42178 | Mayonnaise, made with tofu | 2,92 |
| 06120 | Gravy, chicken, dry | 2,92 |
| 16129 | Tofu, fried | 2,92 |
| 16429 | Tofu, fried, prepared with calcium sulfate | 2,92 |
| 17297 | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted | 2,92 |
| 17149 | Bison, ground, grass-fed, raw | 2,92 |
| 18119 | Cake, pineapple upside-down, prepared from recipe | 2,92 |
| 18223 | Crackers, milk | 2,91 |
| 18306 | Pie, blueberry, prepared from recipe | 2,91 |
| 23554 | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 2,91 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 19424 | Snacks, tortilla chips, nacho-flavor, reduced fat | 2,91 |
| 21032 | Fast foods, sundae, caramel | 2,91 |
| 23341 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw | 2,91 |
| 05070 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed | 2,91 |
| 23638 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 2,91 |
| 27059 | Sauce, peanut, made from peanut butter, water, soy sauce | 2,91 |
| 28287 | Bread, naan, whole wheat, commercially prepared, refrigerated | 2,91 |
| 21063 | Fast foods, burrito, with beans and beef | 2,90 |
| 23242 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 2,90 |
| 13377 | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised | 2,90 |
| 36415 | Restaurant, Latino, arepa (unleavened cornmeal bread) | 2,90 |
| 10915 | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil | 2,90 |
| 13520 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 2,90 |
| 18488 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry | 2,90 |
| 18988 | AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat | 2,90 |
| 18989 | AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat | 2,90 |
| 23076 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 2,90 |
| 28147 | KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers | 2,90 |
| 03966 | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate | 2,90 |
| 10913 | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted | 2,90 |
| 13231 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw | 2,89 |
| 23405 | Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised | 2,89 |
| 25023 | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor | 2,89 |
| 21404 | McDONALD'S, Premium Grilled Chicken Club Sandwich | 2,89 |
| 21421 | KFC, Crispy Chicken Strips | 2,89 |
| 23133 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 2,88 |
| 16108 | Soybeans, mature seeds, raw | 2,88 |
| 15201 | Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat | 2,88 |
| 22528 | Turkey Pot Pie, frozen entree | 2,88 |
| 42140 | Salad dressing, italian dressing, reduced calorie | 2,88 |
| 03816 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted | 2,88 |
| 23472 | Beef, ground, 93% lean meat / 7% fat, raw | 2,88 |
| 13444 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 2,88 |
| 07066 | Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) | 2,87 |
| 10059 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted | 2,87 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 04633 | Margarine-like, vegetable oil spread, 20% fat, with salt | 2,87 |
| 04634 | Margarine-like, vegetable oil spread, 20% fat, without salt | 2,87 |
| 23092 | Beef, chuck for stew, separable lean and fat, choice, cooked, braised | 2,87 |
| 01200 | Reddi Wip Fat Free Whipped Topping | 2,87 |
| 13394 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 2,87 |
| 05345 | Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning | 2,87 |
| 18367 | Waffles, plain, prepared from recipe | 2,87 |
| 22956 | Lasagna, Vegetable, frozen, baked | 2,87 |
| 23410 | Beef, New Zealand, imported, flank, separable lean only, cooked, braised | 2,86 |
| 19875 | Ice creams, BREYERS, All Natural Light Vanilla | 2,86 |
| 06127 | Gravy, unspecified type, dry | 2,86 |
| 05359 | Chicken, broiler, rotisserie, BBQ, drumstick meat and skin | 2,86 |
| 06166 | Sauce, homemade, white, medium | 2,85 |
| 36005 | APPLEBEE'S, chicken tenders, from kids' menu | 2,85 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 2,85 |
| 10929 | Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted | 2,85 |
| 36023 | APPLEBEE'S, chicken tenders platter | 2,85 |
| 43134 | Vegetarian fillets | 2,85 |
| 18274 | Muffins, blueberry, commercially prepared (Includes mini-muffins) | 2,84 |
| 03055 | Babyfood, dinner, beef with vegetables | 2,84 |
| 10856 | HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork | 2,84 |
| 10065 | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted | 2,84 |
| 02063 | Rosemary, fresh | 2,84 |
| 43566 | Snacks, tortilla chips, light (baked with less oil) | 2,84 |
| 23081 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 2,84 |
| 21106 | Fast foods, fish sandwich, with tartar sauce and cheese | 2,83 |
| 21232 | McDONALD'S, FILET-O-FISH | 2,83 |
| 23054 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 2,83 |
| 18105 | Coffeecake, creme-filled with chocolate frosting | 2,83 |
| 10985 | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled | 2,83 |
| 43390 | Turkey, light or dark meat, smoked, cooked, with skin, bone removed | 2,83 |
| 21611 | School Lunch, chicken nuggets, whole grain breaded | 2,83 |
| 36604 | CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu | 2,83 |
| 18431 | Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry) | 2,83 |
| 18433 | Danish pastry, lemon, unenriched | 2,83 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18435 | Danish pastry, raspberry, unenriched | 2,83 |
| 33864 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted | 2,82 |
| 13958 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw | 2,82 |
| 13484 | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 2,82 |
| 36053 | CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce | 2,82 |
| 10050 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled | 2,82 |
| 32016 | Macaroni or noodles with cheese, microwaveable, unprepared | 2,81 |
| 23347 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 2,81 |
| 19056 | Snacks, tortilla chips, plain, white corn, salted | 2,81 |
| 18535 | ARCHWAY Home Style Cookies, Molasses | 2,81 |
| 21148 | School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen | 2,81 |
| 21602 | School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked | 2,81 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 2,81 |
| 18014 | Biscuits, plain or buttermilk, refrigerated dough, higher fat | 2,81 |
| 23292 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw | 2,80 |
| 18487 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores | 2,80 |
| 18999 | KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry | 2,80 |
| 23090 | Beef, chuck for stew, separable lean and fat, all grades, cooked, braised | 2,80 |
| 28023 | KELLOGG'S, SIMPLY EGGO, Original | 2,80 |
| 03926 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted | 2,80 |
| 04028 | Salad dressing, mayonnaise, imitation, milk cream | 2,80 |
| 05033 | Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed | 2,80 |
| 08571 | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola | 2,80 |
| 16591 | WORTHINGTON Leanies, frozen, unprepared | 2,80 |
| 03844 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA | 2,80 |
| 18280 | Muffins, corn, dry mix, prepared | 2,80 |
| 23465 | Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried | 2,80 |
| 07039 | Lebanon bologna, beef | 2,79 |
| 15042 | Fish, herring, Atlantic, kippered | 2,79 |
| 05148 | Goose, domesticated, meat only, raw | 2,79 |
| 17088 | Veal, composite of trimmed retail cuts, separable lean and fat, raw | 2,79 |
| 21147 | School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen | 2,79 |
| 21247 | WENDY'S, french fries | 2,79 |
| 18011 | Biscuits, plain or buttermilk, dry mix, prepared | 2,79 |
| 23471 | Beef, New Zealand, imported, tenderloin, separable lean and fat, raw | 2,79 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23561 | Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked | 2,79 |
| 23602 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 2,79 |
| 07070 | Salami, cooked, turkey | 2,78 |
| 13235 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw | 2,78 |
| 17082 | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw | 2,78 |
| 43326 | Pork, cured, ham, low sodium, lean and fat, cooked | 2,78 |
| 05097 | Chicken, broilers or fryers, thigh, meat only, cooked, fried | 2,78 |
| 10141 | Pork, cured, ham, center slice, country-style, separable lean only, raw | 2,78 |
| 21144 | CHICK-FIL-A, hash browns | 2,78 |
| 28314 | Crackers, sandwich-type, peanut butter filled, reduced fat | 2,78 |
| 13486 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,78 |
| 05334 | Chicken, broiler, rotisserie, BBQ, thigh, meat only | 2,78 |
| 25028 | Tortilla chips, yellow, plain, salted | 2,78 |
| 13404 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 2,78 |
| 13399 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 2,77 |
| 18539 | ARCHWAY Home Style Cookies, Old Fashioned Molasses | 2,77 |
| 21346 | McDONALD'S, NEWMAN'S OWN Cobb Dressing | 2,77 |
| 17383 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw | 2,77 |
| 10989 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw | 2,77 |
| 28298 | Cookies, brownies, commercially prepared, reduced fat, with added fiber | 2,77 |
| 23058 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 2,76 |
| 23167 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw | 2,76 |
| 17078 | Lamb, New Zealand, imported, loin chop, separable lean only, raw | 2,76 |
| 36024 | CRACKER BARREL, chicken tenderloin platter, fried | 2,76 |
| 18527 | ARCHWAY Home Style Cookies, Date Filled Oatmeal | 2,76 |
| 36618 | Restaurant, Chinese, general tso's chicken | 2,76 |
| 13294 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 2,76 |
| 17014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 2,76 |
| 23046 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 2,76 |
| 23079 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 2,76 |
| 23153 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 2,76 |
| 23175 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw | 2,76 |
| 32026 | Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen | 2,76 |
| 32027 | Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen | 2,76 |
| 13423 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 2,76 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23495 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw | 2,76 |
| 21413 | Light Ice Cream, soft serve, blended with cookie pieces | 2,75 |
| 18538 | ARCHWAY Home Style Cookies, Oatmeal Raisin | 2,75 |
| 10937 | Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil | 2,75 |
| 11406 | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased | 2,74 |
| 05069 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | 2,74 |
| 17360 | Lamb, New Zealand, imported, breast, separable lean only, raw | 2,74 |
| 23035 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 2,74 |
| 21064 | Fast foods, burrito, with beans, cheese, and beef | 2,73 |
| 21265 | TACO BELL, BURRITO SUPREME with beef | 2,73 |
| 02042 | Spices, thyme, dried | 2,73 |
| 05744 | Turkey, back, from whole bird, meat and skin, with added solution, raw | 2,73 |
| 13519 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 2,73 |
| 17055 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw | 2,73 |
| 23294 | Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw | 2,72 |
| 10859 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled | 2,72 |
| 18269 | French toast, prepared from recipe, made with low fat (2%) milk | 2,72 |
| 21259 | BURGER KING, Original Chicken Sandwich | 2,72 |
| 23393 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 2,71 |
| 17436 | Veal, foreshank, osso buco, separable lean and fat, cooked, braised | 2,71 |
| 23463 | Beef, New Zealand, imported, hind shin, separable lean and fat, raw | 2,71 |
| 05099 | Chicken, broilers or fryers, thigh, meat only, cooked, stewed | 2,71 |
| 13967 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled | 2,71 |
| 21432 | KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed | 2,71 |
| 23084 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 2,71 |
| 17128 | Veal, shoulder, blade chop, separable lean and fat, raw | 2,70 |
| 03206 | Babyfood, cookie, baby, fruit | 2,70 |
| 05153 | Pheasant, raw, meat and skin | 2,70 |
| 06411 | Soup, cheese, canned, prepared with equal volume water | 2,70 |
| 10182 | Pork, cured, ham, boneless, extra lean and regular, unheated | 2,70 |
| 13366 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked | 2,70 |
| 19878 | Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry | 2,70 |
| 21515 | MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared | 2,70 |
| 23606 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 2,70 |
| 28008 | KELLOGG'S, EGGO, Wafflers, Strawberry Strudel | 2,70 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28010 | KELLOGG'S, EGGO, Waffles, Buttermilk | 2,70 |
| 28263 | KEEBLER, Grahams, Cinnamon Crisp | 2,70 |
| 21256 | BURGER KING, Chicken Strips | 2,70 |
| 18200 | Cookies, oatmeal, commercially prepared, special dietary | 2,69 |
| 36412 | Restaurant, Latino, tamale, pork | 2,69 |
| 13903 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 2,69 |
| 23655 | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 2,69 |
| 23337 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 2,69 |
| 23481 | Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned | 2,69 |
| 13450 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled | 2,68 |
| 15089 | Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone | 2,68 |
| 15158 | Mollusks, clam, mixed species, cooked, breaded and fried | 2,68 |
| 18322 | Pie, mince, prepared from recipe | 2,68 |
| 13355 | Beef, cured, pastrami | 2,68 |
| 17153 | Game meat, beefalo, composite of cuts, cooked, roasted | 2,68 |
| 36622 | Restaurant, Chinese, sweet and sour pork | 2,68 |
| 13407 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 2,68 |
| 21267 | TACO BELL, BURRITO SUPREME with steak | 2,67 |
| 17312 | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw | 2,67 |
| 10041 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised | 2,67 |
| 05306 | Ground turkey, cooked | 2,67 |
| 15173 | Mollusks, scallop, mixed species, cooked, breaded and fried | 2,67 |
| 01106 | Milk, goat, fluid, with added vitamin D | 2,67 |
| 13950 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 2,67 |
| 23605 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 2,66 |
| 13411 | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 2,66 |
| 05025 | Chicken, heart, all classes, raw | 2,66 |
| 05045 | Chicken, broilers or fryers, dark meat, meat only, cooked, roasted | 2,66 |
| 05057 | Chicken, broilers or fryers, breast, meat and skin, raw | 2,66 |
| 05128 | Chicken, stewing, giblets, cooked, simmered | 2,66 |
| 05689 | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted | 2,66 |
| 18324 | Pie, pecan, commercially prepared | 2,65 |
| 23241 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 2,65 |
| 21467 | Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed | 2,65 |
| 05294 | Turkey thigh, pre-basted, meat and skin, cooked, roasted | 2,65 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11667 | Seaweed, spirulina, dried | 2,65 |
| 13284 | Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw | 2,65 |
| 13370 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 2,65 |
| 43273 | Cheese, cottage, with vegetables | 2,65 |
| 21610 | School Lunch, chicken patty, whole grain breaded | 2,64 |
| 23536 | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 2,64 |
| 21508 | WEND'YS, Crispy Chicken Sandwich | 2,64 |
| 18939 | Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry) | 2,64 |
| 01205 | Cream substitute, flavored, liquid | 2,64 |
| 18962 | Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS | 2,63 |
| 11387 | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 2,63 |
| 31036 | Potatoes, mashed, ready-to-eat | 2,63 |
| 42283 | Snacks, potato chips, white, restructured, baked | 2,63 |
| 17071 | Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised | 2,63 |
| 05127 | Chicken, stewing, giblets, raw | 2,63 |
| 12071 | Nuts, almond paste | 2,63 |
| 36411 | Restaurant, Latino, tamale, corn | 2,63 |
| 43325 | Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted | 2,62 |
| 21129 | Fast foods, hush puppies | 2,62 |
| 32007 | Taquitos, frozen, beef and cheese, oven-heated | 2,62 |
| 22535 | HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen | 2,62 |
| 17061 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled | 2,62 |
| 15040 | Fish, herring, Atlantic, cooked, dry heat | 2,62 |
| 28364 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan | 2,61 |
| 11934 | Potatoes, mashed, home-prepared, whole milk and butter added | 2,61 |
| 13068 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw | 2,61 |
| 23624 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 2,61 |
| 10183 | Pork, cured, ham, boneless, extra lean and regular, roasted | 2,61 |
| 23432 | Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried | 2,61 |
| 18632 | PILLSBURY, Traditional Fudge Brownie Mix, dry | 2,61 |
| 22970 | Macaroni and cheese, frozen entree | 2,61 |
| 21433 | KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed | 2,60 |
| 18562 | ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps | 2,60 |
| 28015 | KELLOGG'S, EGGO, Waffles, Homestyle | 2,60 |
| 28144 | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat | 2,60 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 36007 | T.G.I. FRIDAY'S, french fries | 2,60 |
| 05700 | Turkey, dark meat from whole, meat and skin, with added solution, raw | 2,60 |
| 07020 | Corned beef loaf, jellied | 2,60 |
| 08658 | Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal | 2,60 |
| 08659 | Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS | 2,60 |
| 17186 | Lamb, variety meats and by-products, brain, cooked, braised | 2,60 |
| 02021 | Spices, ginger, ground | 2,60 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 2,60 |
| 13943 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 2,60 |
| 23083 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 2,60 |
| 23377 | Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted | 2,60 |
| 36615 | DENNY'S, top sirloin steak | 2,60 |
| 35190 | Salmon, red (sockeye), filets with skin, smoked (Alaska Native) | 2,59 |
| 01057 | Eggnog | 2,59 |
| 10033 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised | 2,59 |
| 13023 | Beef, brisket, whole, separable lean only, all grades, raw | 2,59 |
| 31031 | Potatoes, french fried, cross cut, frozen, unprepared | 2,59 |
| 23429 | Beef, New Zealand, imported, oyster blade, separable lean only, raw | 2,59 |
| 23559 | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled | 2,59 |
| 23274 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 2,59 |
| 23275 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 2,59 |
| 10920 | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil | 2,59 |
| 11385 | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter | 2,59 |
| 36027 | DENNY'S, chicken strips | 2,58 |
| 19401 | Snacks, cornnuts, barbecue-flavor | 2,58 |
| 06056 | Soup, cream of shrimp, canned, condensed | 2,58 |
| 08221 | Cereals, QUAKER, Instant Grits, Butter flavor, dry | 2,58 |
| 08495 | Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES | 2,58 |
| 13293 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 2,58 |
| 17109 | Veal, loin, separable lean only, cooked, roasted | 2,58 |
| 21339 | McDONALD'S, McFLURRY with OREO cookies | 2,58 |
| 43020 | Salad dressing, blue or roquefort cheese, low calorie | 2,58 |
| 23615 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 2,57 |
| 13349 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 2,57 |
| 08206 | Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS | 2,57 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17133 | Veal, shoulder, blade, separable lean only, cooked, roasted | 2,57 |
| 19325 | Puddings, coconut cream, dry mix, regular, prepared with whole milk | 2,57 |
| 23073 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw | 2,57 |
| 14033 | Beverages, ABBOTT, EAS whey protein powder | 2,56 |
| 10177 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried | 2,56 |
| 18308 | Pie, cherry, commercially prepared | 2,56 |
| 23629 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 2,56 |
| 03011 | Babyfood, meat, lamb, junior | 2,56 |
| 07091 | New england brand sausage, pork, beef | 2,56 |
| 10983 | Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted | 2,56 |
| 13156 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 2,56 |
| 17114 | Veal, rib, separable lean only, cooked, braised | 2,56 |
| 21262 | TACO BELL, Soft Taco with chicken, cheese and lettuce | 2,56 |
| 21487 | Fast foods, taco with chicken, lettuce and cheese, soft | 2,56 |
| 10120 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried | 2,56 |
| 13464 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 2,56 |
| 11392 | Potatoes, hash brown, frozen, with butter sauce, unprepared | 2,56 |
| 36055 | Restaurant, Italian, cheese ravioli with marinara sauce | 2,56 |
| 36059 | Restaurant, Italian, chicken parmesan without pasta | 2,55 |
| 02001 | Spices, allspice, ground | 2,55 |
| 13972 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw | 2,55 |
| 17108 | Veal, loin, separable lean only, cooked, braised | 2,55 |
| 21080 | Fast foods, nachos, with cheese, beans, ground beef, and tomatoes | 2,55 |
| 21269 | TACO BELL, Nachos Supreme | 2,55 |
| 23343 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 2,55 |
| 03839 | Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA | 2,54 |
| 06319 | Gravy, CAMPBELL'S, country style sausage | 2,54 |
| 06321 | Gravy, CAMPBELL'S, golden pork | 2,54 |
| 21028 | Fast foods, vanilla, light, soft-serve ice cream, with cone | 2,54 |
| 23064 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 2,54 |
| 21026 | Fast foods, potatoes, hash browns, round pieces or patty | 2,54 |
| 17282 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw | 2,54 |
| 16114 | Tempeh | 2,54 |
| 36610 | DENNY'S, french fries | 2,53 |
| 17316 | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw | 2,53 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 36054 | OLIVE GARDEN, cheese ravioli with marinara sauce | 2,53 |
| 10949 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw | 2,53 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 2,53 |
| 13478 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw | 2,53 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 2,53 |
| 10213 | Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted | 2,53 |
| 23062 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 2,53 |
| 23413 | Beef, New Zealand, imported, flat, separable lean only, raw | 2,52 |
| 03217 | Zwieback | 2,52 |
| 13430 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 2,52 |
| 23086 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 2,52 |
| 18152 | Cookies, brownies, dry mix, regular | 2,52 |
| 23649 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 2,52 |
| 23370 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw | 2,52 |
| 23385 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 2,52 |
| 23091 | Beef, chuck for stew, separable lean and fat, select, cooked, braised | 2,51 |
| 13971 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw | 2,51 |
| 17386 | Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted | 2,51 |
| 17179 | Game meat, rabbit, domesticated, composite of cuts, cooked, stewed | 2,51 |
| 23317 | Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw | 2,51 |
| 28016 | KELLOGG'S, EGGO Protein, Waffles, Homestyle | 2,50 |
| 28168 | KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries | 2,50 |
| 28393 | PEPPERIDGE FARM, White Hoagie Roll | 2,50 |
| 05106 | Chicken, broilers or fryers, wing, meat only, cooked, fried | 2,50 |
| 08652 | Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal | 2,50 |
| 16554 | MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared | 2,50 |
| 17121 | Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted | 2,50 |
| 11672 | Potato pancakes | 2,50 |
| 13455 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 2,50 |
| 18106 | Coffeecake, fruit | 2,50 |
| 32012 | Pizza rolls, frozen, unprepared | 2,49 |
| 21401 | Fast foods, chicken tenders | 2,49 |
| 27052 | Dip, salsa con queso, cheese and salsa- medium | 2,49 |
| 05081 | Chicken, broilers or fryers, leg, meat only, cooked, fried | 2,49 |
| 36014 | Restaurant, family style, french fries | 2,49 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13488 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw | 2,49 |
| 23434 | Beef, New Zealand, imported, striploin, separable lean only, raw | 2,49 |
| 21466 | Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed | 2,48 |
| 07935 | Oven-roasted chicken breast roll | 2,48 |
| 23336 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,48 |
| 19074 | Candies, caramels | 2,48 |
| 13523 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 2,47 |
| 03013 | Babyfood, meat, chicken, junior | 2,47 |
| 10072 | Pork, fresh, shoulder, whole, separable lean only, raw | 2,47 |
| 25022 | Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor | 2,47 |
| 18142 | Cake, pudding-type, yellow, dry mix | 2,47 |
| 21335 | McDONALD'S, Hot Caramel Sundae | 2,47 |
| 02009 | Spices, chili powder | 2,46 |
| 21230 | Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise | 2,46 |
| 05012 | Chicken, broilers or fryers, meat only, cooked, fried | 2,46 |
| 05066 | Chicken, broilers or fryers, drumstick, meat and skin, raw | 2,46 |
| 43364 | Snacks, tortilla chips, unsalted, white corn | 2,46 |
| 18319 | Pie, fried pies, fruit | 2,46 |
| 18444 | Pie, fried pies, cherry | 2,46 |
| 18445 | Pie, fried pies, lemon | 2,46 |
| 23431 | Beef, New Zealand, imported, ribs prepared, raw | 2,45 |
| 36011 | T.G.I. FRIDAY'S, classic sirloin steak (10 oz) | 2,45 |
| 11656 | Corn pudding, home prepared | 2,45 |
| 18172 | Cookies, gingersnaps | 2,45 |
| 05046 | Chicken, broilers or fryers, dark meat, meat only, cooked, stewed | 2,45 |
| 05059 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour | 2,45 |
| 06011 | Soup, cheese, canned, condensed | 2,45 |
| 10062 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw | 2,45 |
| 10184 | Pork, cured, ham, extra lean and regular, canned, unheated | 2,45 |
| 18117 | Cake, pudding-type, marble, dry mix | 2,45 |
| 03944 | Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA | 2,45 |
| 05078 | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | 2,45 |
| 23441 | Beef, New Zealand, imported, tenderloin, separable lean only, raw | 2,45 |
| 18090 | Cake, boston cream pie, commercially prepared | 2,44 |
| 21034 | Fast foods, sundae, strawberry | 2,44 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 27054 | Dip, TOSTITOS, salsa con queso, medium | 2,44 |
| 22978 | Chicken tenders, breaded, frozen, prepared | 2,44 |
| 19009 | Snacks, KRAFT, CORNNUTS, plain | 2,43 |
| 23516 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 2,43 |
| 03946 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA | 2,43 |
| 05120 | Chicken, roasting, dark meat, meat only, cooked, roasted | 2,43 |
| 10925 | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil | 2,43 |
| 23249 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 2,42 |
| 36629 | Restaurant, Chinese, orange chicken | 2,42 |
| 08411 | Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry | 2,42 |
| 17039 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw | 2,42 |
| 23254 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw | 2,42 |
| 06353 | CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed | 2,42 |
| 15038 | Fish, halibut, Greenland, raw | 2,42 |
| 17335 | Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled | 2,42 |
| 05183 | Turkey, dark meat, meat and skin, raw | 2,41 |
| 17308 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw | 2,41 |
| 17332 | Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled | 2,41 |
| 23601 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 2,41 |
| 21333 | McDONALD'S, Vanilla Reduced Fat Ice Cream Cone | 2,41 |
| 36633 | Restaurant, Chinese, sesame chicken | 2,41 |
| 17139 | Veal, sirloin, separable lean only, cooked, roasted | 2,41 |
| 23633 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 2,41 |
| 05683 | Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted | 2,40 |
| 03851 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted | 2,40 |
| 03856 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted | 2,40 |
| 03951 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted | 2,40 |
| 03007 | Babyfood, meat, pork, strained | 2,40 |
| 08699 | Cereals ready-to-eat, KELLOGG'S KRAVE Smores | 2,40 |
| 16528 | WORTHINGTON Dinner Roast, frozen, unprepared | 2,40 |
| 16579 | GARDENBURGER Original, frozen, unprepared | 2,40 |
| 17178 | Game meat, rabbit, domesticated, composite of cuts, cooked, roasted | 2,40 |
| 28069 | KEEBLER, CLUB, Reduced Fat Crackers | 2,40 |
| 28186 | KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar | 2,40 |
| 13890 | Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried | 2,40 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15237 | Fish, salmon, Atlantic, farmed, cooked, dry heat | 2,40 |
| 35147 | Tamales (Navajo) | 2,40 |
| 13320 | Beef, variety meats and by-products, brain, cooked, simmered | 2,39 |
| 04015 | Salad dressing, russian dressing | 2,39 |
| 18135 | Cake, pudding-type, white, enriched, dry mix | 2,39 |
| 10049 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised | 2,39 |
| 22962 | LEAN POCKETS, Ham N Cheddar | 2,39 |
| 05742 | Turkey, retail parts, thigh, meat and skin, raw | 2,39 |
| 16138 | Falafel, home-prepared | 2,38 |
| 14317 | Beverages, malted drink mix, chocolate, powder | 2,38 |
| 15041 | Fish, herring, Atlantic, pickled | 2,38 |
| 17018 | Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 2,38 |
| 23627 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 2,38 |
| 14192 | Beverages, Cocoa mix, powder | 2,38 |
| 10204 | Pork, fresh, loin, country-style ribs, separable lean and fat, raw | 2,37 |
| 19015 | Snacks, granola bars, hard, plain | 2,37 |
| 23586 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 2,37 |
| 36607 | CRACKER BARREL, steak fries | 2,37 |
| 10044 | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw | 2,36 |
| 23342 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,36 |
| 17390 | Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised | 2,36 |
| 06122 | Gravy, mushroom, dry, powder | 2,36 |
| 10169 | Pork, cured, shoulder, arm picnic, separable lean only, roasted | 2,36 |
| 15025 | Fish, eel, mixed species, raw | 2,36 |
| 13973 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw | 2,35 |
| 23498 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked | 2,35 |
| 21266 | TACO BELL, BURRITO SUPREME with chicken | 2,35 |
| 03213 | Babyfood, cookies | 2,35 |
| 16008 | Beans, baked, canned, with franks | 2,35 |
| 17222 | Veal, variety meats and by-products, tongue, raw | 2,35 |
| 01263 | Ice cream, light, soft serve, chocolate | 2,35 |
| 18317 | Pie, egg custard, commercially prepared | 2,35 |
| 22977 | Lasagna with meat sauce, frozen, prepared | 2,35 |
| 21355 | McDONALD'S, McCHICKEN Sandwich | 2,35 |
| 05672 | Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised | 2,35 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23369 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw | 2,34 |
| 23386 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 2,34 |
| 36028 | DENNY'S, coleslaw | 2,34 |
| 17374 | Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered | 2,34 |
| 18419 | Cake, pudding-type, white, unenriched, dry mix | 2,34 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 2,34 |
| 17324 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw | 2,34 |
| 05688 | Chicken, dark meat, drumstick, meat and skin, with added solution, raw | 2,33 |
| 23619 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 2,33 |
| 36002 | APPLEBEE'S, french fries | 2,33 |
| 28255 | KEEBLER, ZESTA, Export Sodas Crackers | 2,33 |
| 23034 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw | 2,33 |
| 21319 | McDONALD'S, Hash Brown | 2,33 |
| 10057 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised | 2,33 |
| 42187 | Frozen yogurts, flavors other than chocolate | 2,33 |
| 06980 | Soup, beef stroganoff, canned, chunky style, ready-to-serve | 2,32 |
| 11384 | Potatoes, au gratin, dry mix, unprepared | 2,32 |
| 10034 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled | 2,32 |
| 21428 | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed | 2,32 |
| 05141 | Duck, domesticated, meat only, raw | 2,32 |
| 17333 | Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised | 2,32 |
| 18082 | Bread stuffing, bread, dry mix, prepared | 2,32 |
| 01238 | Ice cream sandwich | 2,32 |
| 18944 | Pie, Dutch Apple, Commercially Prepared | 2,31 |
| 23155 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 2,31 |
| 23179 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw | 2,31 |
| 27053 | Dip, OLD EL PASO, Cheese 'n Salsa, medium | 2,31 |
| 18282 | Muffins, corn, prepared from recipe, made with low fat (2%) milk | 2,31 |
| 01013 | Cheese, cottage, creamed, with fruit | 2,31 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 2,31 |
| 17127 | Veal, shoulder, arm, separable lean only, cooked, roasted | 2,31 |
| 32006 | Taquitos, frozen, chicken and cheese, oven-heated | 2,31 |
| 21061 | Fast foods, burrito, with beans and cheese | 2,31 |
| 21264 | TACO BELL, Bean Burrito | 2,31 |
| 21427 | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed | 2,31 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17300 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw | 2,31 |
| 05737 | Turkey, retail parts, drumstick, meat and skin, cooked, roasted | 2,31 |
| 13490 | Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled | 2,30 |
| 05178 | Turkey, liver, all classes, cooked, simmered | 2,30 |
| 19387 | Frozen novelties, ice type, pineapple-coconut | 2,30 |
| 16135 | Winged beans, mature seeds, raw | 2,30 |
| 05332 | Chicken, ground, raw | 2,30 |
| 05707 | Turkey, whole, meat and skin, with added solution, roasted | 2,30 |
| 23049 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 2,30 |
| 21513 | KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared | 2,30 |
| 21516 | KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared | 2,30 |
| 22996 | KASHI Three Cheese Penne, frozen, unprepared | 2,30 |
| 23045 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 2,30 |
| 28174 | KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries | 2,30 |
| 03993 | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA | 2,30 |
| 13318 | Beef, variety meats and by-products, brain, raw | 2,30 |
| 16527 | WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared | 2,30 |
| 16533 | WORTHINGTON Smoked Turkey Roll, frozen, unprepared | 2,30 |
| 23411 | Beef, New Zealand, imported, flank, separable lean only, raw | 2,30 |
| 23422 | Beef, New Zealand, imported, knuckle, cooked, fast fried | 2,30 |
| 08629 | Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal | 2,29 |
| 13228 | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered | 2,29 |
| 23252 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 2,29 |
| 13425 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 2,29 |
| 18933 | Waffle, buttermilk, frozen, ready-to-heat, toasted | 2,28 |
| 21443 | POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed | 2,28 |
| 18642 | GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry | 2,28 |
| 02004 | Spices, bay leaf | 2,28 |
| 07056 | Peppered loaf, pork, beef | 2,28 |
| 01078 | Milk, producer, fluid, 3.7% milkfat | 2,28 |
| 17444 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw | 2,28 |
| 21314 | McDONALD'S, Spicy Buffalo Sauce | 2,28 |
| 23243 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 2,28 |
| 23595 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 2,27 |
| 14557 | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients | 2,27 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 42186 | Frozen yogurts, chocolate | 2,27 |
| 21238 | McDONALD'S, french fries | 2,27 |
| 23517 | Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 2,27 |
| 07958 | Turkey sausage, fresh, cooked | 2,27 |
| 03842 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate | 2,26 |
| 03952 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate | 2,26 |
| 05026 | Chicken, heart, all classes, cooked, simmered | 2,26 |
| 05107 | Chicken, broilers or fryers, wing, meat only, cooked, roasted | 2,26 |
| 13408 | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 2,26 |
| 17122 | Veal, shoulder, arm, separable lean and fat, raw | 2,26 |
| 03689 | Babyfood, cereal, oatmeal, prepared with whole milk | 2,26 |
| 11372 | Potatoes, scalloped, home-prepared with butter | 2,26 |
| 17460 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 2,26 |
| 22911 | Chili, no beans, canned entree | 2,26 |
| 17459 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 2,25 |
| 05088 | Chicken, broilers or fryers, neck, meat only, raw | 2,25 |
| 05311 | Chicken, canned, no broth | 2,25 |
| 13428 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 2,25 |
| 17191 | Lamb, variety meats and by-products, heart, raw | 2,25 |
| 15050 | Fish, mackerel, Pacific and jack, mixed species, raw | 2,25 |
| 13485 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised | 2,24 |
| 17440 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised | 2,24 |
| 08346 | Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH | 2,24 |
| 10199 | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw | 2,24 |
| 10223 | Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled | 2,24 |
| 17346 | Game meat, deer, shoulder clod, separable lean only, cooked, braised | 2,24 |
| 23082 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 2,24 |
| 23085 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 2,24 |
| 18019 | Bread, banana, prepared from recipe, made with margarine | 2,24 |
| 03302 | Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS | 2,24 |
| 10902 | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated | 2,24 |
| 23040 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 2,24 |
| 20113 | Noodles, chinese, chow mein | 2,23 |
| 19216 | Candies, praline, prepared-from-recipe | 2,22 |
| 23610 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 2,22 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05346 | Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning | 2,22 |
| 23490 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw | 2,22 |
| 23402 | Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised | 2,22 |
| 04675 | Margarine-like spread, SMART BEAT Super Light without saturated fat | 2,22 |
| 23031 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 2,22 |
| 23593 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 2,22 |
| 05180 | Turkey from whole, neck, meat only, cooked, simmered | 2,22 |
| 03901 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted | 2,21 |
| 13424 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 2,21 |
| 23478 | Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled | 2,21 |
| 13454 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 2,20 |
| 15002 | Fish, anchovy, european, canned in oil, drained solids | 2,20 |
| 05083 | Chicken, broilers or fryers, leg, meat only, cooked, stewed | 2,20 |
| 05277 | Chicken, canned, meat only, with broth | 2,20 |
| 18977 | KASHI, TLC, Toasted Asiago Crackers | 2,20 |
| 23467 | Beef, New Zealand, imported, rump centre, separable lean and fat, raw | 2,20 |
| 28188 | KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion | 2,20 |
| 13413 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised | 2,20 |
| 13378 | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised | 2,19 |
| 13946 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 2,19 |
| 21214 | SUBWAY, tuna sub on white bread with lettuce and tomato | 2,19 |
| 23583 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 2,19 |
| 02007 | Spices, celery seed | 2,19 |
| 05060 | Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | 2,19 |
| 17185 | Lamb, variety meats and by-products, brain, raw | 2,19 |
| 36408 | Restaurant, Latino, pupusas con frijoles (pupusas, bean) | 2,19 |
| 22905 | Beef stew, canned entree | 2,18 |
| 18955 | Bread, pan dulce, sweet yeast bread | 2,18 |
| 23589 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 2,18 |
| 23623 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw | 2,18 |
| 23557 | Beef, ground, 95% lean meat / 5% fat, raw | 2,18 |
| 17189 | Veal, variety meats and by-products, brain, cooked, braised | 2,18 |
| 13405 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 2,18 |
| 05641 | Ostrich, ground, raw | 2,18 |
| 21078 | Fast foods, nachos, with cheese | 2,17 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 21268 | TACO BELL, Nachos | 2,17 |
| 03822 | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder | 2,17 |
| 11659 | Sweet potato, cooked, candied, home-prepared | 2,17 |
| 05665 | Ground turkey, 93% lean, 7% fat, raw | 2,17 |
| 23338 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 2,17 |
| 25013 | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor | 2,17 |
| 19168 | Desserts, egg custard, baked, prepared-from-recipe | 2,16 |
| 23061 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,16 |
| 43260 | Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted | 2,16 |
| 02003 | Spices, basil, dried | 2,16 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 2,16 |
| 18273 | Muffins, plain, prepared from recipe, made with low fat (2%) milk | 2,16 |
| 05166 | Turkey, whole, meat and skin, cooked, roasted | 2,16 |
| 01089 | Milk, low sodium, fluid | 2,15 |
| 23621 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 2,15 |
| 06165 | Sauce, homemade, white, thin | 2,15 |
| 13482 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw | 2,15 |
| 23485 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw | 2,15 |
| 10097 | Pork, fresh, variety meats and by-products, brain, cooked, braised | 2,15 |
| 13940 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 2,15 |
| 17010 | Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 2,15 |
| 36017 | Restaurant, family style, macaroni & cheese, from kids' menu | 2,15 |
| 23515 | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 2,14 |
| 02028 | Spices, paprika | 2,14 |
| 36029 | DENNY'S, fish fillet, battered or breaded, fried | 2,14 |
| 21249 | BURGER KING, french fries | 2,14 |
| 28365 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza | 2,14 |
| 11296 | Onion rings, breaded, par fried, frozen, prepared, heated in oven | 2,14 |
| 05339 | Chicken, broiler, rotisserie, BBQ, wing, meat only | 2,13 |
| 23648 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw | 2,13 |
| 05072 | Chicken, broilers or fryers, drumstick, meat only, cooked, fried | 2,13 |
| 17026 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw | 2,13 |
| 04631 | Margarine-like, vegetable oil spread, fat-free, tub | 2,13 |
| 09037 | Avocados, raw, all commercial varieties | 2,13 |
| 09038 | Avocados, raw, California | 2,13 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17395 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw | 2,12 |
| 23111 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 2,12 |
| 21102 | Fast foods, chicken fillet sandwich, plain with pickles | 2,12 |
| 21526 | CHICK-FIL-A, chicken sandwich | 2,12 |
| 23367 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 2,12 |
| 23373 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 2,12 |
| 18293 | Pancakes, plain, prepared from recipe | 2,12 |
| 03840 | Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA | 2,12 |
| 36601 | Restaurant, Chinese, egg rolls, assorted | 2,12 |
| 42116 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie | 2,12 |
| 23123 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 2,11 |
| 05348 | Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning | 2,11 |
| 36058 | OLIVE GARDEN, chicken parmigiana without pasta | 2,11 |
| 18950 | Crackers, wheat, reduced fat | 2,11 |
| 22910 | Lasagna, cheese, frozen, prepared | 2,11 |
| 32019 | Lasagna, cheese, frozen, unprepared | 2,11 |
| 06336 | CAMPBELL'S, Cream of Chicken Soup, condensed | 2,11 |
| 17423 | Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw | 2,11 |
| 17204 | Veal, variety meats and by-products, liver, cooked, pan-fried | 2,11 |
| 05082 | Chicken, broilers or fryers, leg, meat only, cooked, roasted | 2,11 |
| 18270 | Hush puppies, prepared from recipe | 2,11 |
| 01102 | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D | 2,10 |
| 05090 | Chicken, broilers or fryers, neck, meat only, cooked, simmered | 2,10 |
| 05192 | Turkey, all classes, breast, meat and skin, cooked, roasted | 2,10 |
| 08014 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES | 2,10 |
| 08194 | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS | 2,10 |
| 16519 | WORTHINGTON Super Links, canned, unprepared | 2,10 |
| 18610 | CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry | 2,10 |
| 19323 | Puddings, coconut cream, dry mix, instant, prepared with whole milk | 2,10 |
| 19434 | Cheese puffs and twists, corn based, baked, low fat | 2,10 |
| 21514 | KASHI Pizza, Tikka Masala, single serve, frozen, unprepared | 2,10 |
| 23253 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw | 2,10 |
| 28009 | KELLOGG'S, EGGO, Waffles, Blueberry | 2,10 |
| 28012 | KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk | 2,10 |
| 28024 | KELLOGG'S, EGGO, Waffles, Strawberry | 2,10 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28149 | KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers | 2,10 |
| 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 2,10 |
| 17430 | Veal, shoulder, blade chop, separable lean only, cooked, grilled | 2,09 |
| 08641 | Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar | 2,09 |
| 23303 | Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw | 2,09 |
| 23384 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 2,09 |
| 23521 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 2,09 |
| 23053 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,09 |
| 23344 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 2,09 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 2,09 |
| 14631 | Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds | 2,09 |
| 17442 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 2,08 |
| 14171 | Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2 | 2,08 |
| 23037 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw | 2,08 |
| 25052 | Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar | 2,08 |
| 17292 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw | 2,08 |
| 05061 | Chicken, broilers or fryers, breast, meat and skin, cooked, stewed | 2,08 |
| 05131 | Chicken, stewing, dark meat, meat only, raw | 2,08 |
| 17115 | Veal, rib, separable lean only, cooked, roasted | 2,08 |
| 18478 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon | 2,08 |
| 23245 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw | 2,08 |
| 10096 | Pork, fresh, variety meats and by-products, brain, raw | 2,08 |
| 17277 | Veal, shank (fore and hind), separable lean and fat, cooked, braised | 2,08 |
| 10068 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled | 2,08 |
| 23657 | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw | 2,07 |
| 17151 | Game meat, beaver, cooked, roasted | 2,07 |
| 28345 | Crackers, gluten-free, multi-seeded and multigrain | 2,07 |
| 28355 | CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free | 2,07 |
| 22916 | Lasagna with meat & sauce, frozen entree | 2,07 |
| 19070 | Candies, butterscotch | 2,06 |
| 18235 | Crackers, whole-wheat | 2,06 |
| 23048 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 2,06 |
| 14421 | Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk | 2,06 |
| 05028 | Chicken, liver, all classes, cooked, simmered | 2,06 |
| 05193 | Turkey, all classes, leg, meat and skin, raw | 2,06 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06248 | Soup, oyster stew, canned, prepared with equal volume milk | 2,06 |
| 21126 | Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato | 2,06 |
| 23122 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,06 |
| 28331 | Crackers, flavored, fish-shaped | 2,06 |
| 43078 | Beverage, milkshake mix, dry, not chocolate | 2,06 |
| 23656 | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw | 2,06 |
| 18934 | Waffle, buttermilk, frozen, ready-to-heat, microwaved | 2,06 |
| 21143 | CHICK-FIL-A, Chick-n-Strips | 2,06 |
| 17000 | Veal, Australian, rib, rib roast, separable lean only, raw | 2,05 |
| 13468 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw | 2,05 |
| 17116 | Veal, shoulder, whole (arm and blade), separable lean and fat, raw | 2,05 |
| 19382 | Candies, taffy, prepared-from-recipe | 2,05 |
| 18292 | Pancakes, plain, dry mix, incomplete, prepared | 2,04 |
| 18354 | Strudel, apple | 2,04 |
| 05013 | Chicken, broilers or fryers, meat only, roasted | 2,04 |
| 05681 | Chicken, dark meat, thigh, meat only, with added solution, cooked, braised | 2,04 |
| 06048 | Soup, oyster stew, canned, condensed | 2,04 |
| 15039 | Fish, herring, Atlantic, raw | 2,04 |
| 17152 | Game meat, beefalo, composite of cuts, raw | 2,04 |
| 36025 | CRACKER BARREL, coleslaw | 2,04 |
| 14312 | Beverages, Malted drink mix, natural, powder, prepared with whole milk | 2,04 |
| 23514 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 2,04 |
| 17380 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted | 2,04 |
| 05661 | Chicken, liver, all classes, cooked, pan-fried | 2,03 |
| 23000 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,03 |
| 36617 | Restaurant, Chinese, lemon chicken | 2,03 |
| 19170 | Egg custards, dry mix, prepared with whole milk | 2,03 |
| 21159 | SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato | 2,03 |
| 21160 | Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato | 2,03 |
| 27064 | Wasabi | 2,03 |
| 18278 | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk | 2,03 |
| 19169 | Egg custards, dry mix | 2,03 |
| 03012 | Babyfood, meat, chicken, strained | 2,03 |
| 08018 | Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN | 2,03 |
| 10228 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw | 2,03 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 09195 | Olives, pickled, canned or bottled, green | 2,03 |
| 06115 | Gravy, au jus, dry | 2,03 |
| 05305 | Ground turkey, raw | 2,02 |
| 18097 | Cake, pudding-type, chocolate, dry mix | 2,02 |
| 05722 | Turkey, retail parts, thigh, meat only, cooked, roasted | 2,02 |
| 18476 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry | 2,02 |
| 18196 | Cookies, brownies, dry mix, sugar free | 2,02 |
| 10207 | Pork, fresh, loin, country-style ribs, separable lean only, raw | 2,01 |
| 23480 | Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked | 2,01 |
| 01107 | Milk, human, mature, fluid | 2,01 |
| 17296 | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw | 2,01 |
| 21334 | McDONALD'S, Strawberry Sundae | 2,01 |
| 21465 | Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed | 2,00 |
| 18425 | Crackers, saltines, low salt (includes oyster, soda, soup) | 2,00 |
| 17372 | Lamb, New Zealand, imported, heart, cooked, soaked and simmered | 2,00 |
| 05108 | Chicken, broilers or fryers, wing, meat only, cooked, stewed | 2,00 |
| 05284 | Turkey, canned, meat only, with broth | 2,00 |
| 13963 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 2,00 |
| 16500 | LOMA LINDA Little Links, canned, unprepared | 2,00 |
| 18992 | KELLOGG'S, BEANATURAL, Original 3-Bean Chips | 2,00 |
| 19892 | Frozen novelties, Sugar Free, CREAMSICLE Pops | 2,00 |
| 23063 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 2,00 |
| 28019 | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat | 2,00 |
| 28021 | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original | 2,00 |
| 28143 | KEEBLER, TOWN HOUSE, Reduced Fat Crackers | 2,00 |
| 23466 | Beef, New Zealand, imported, rump centre, separable lean only, raw | 2,00 |
| 10084 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw | 2,00 |
| 23239 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 1,99 |
| 13596 | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,99 |
| 06076 | Soup, beef broth, cubed, dry | 1,99 |
| 13436 | Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised | 1,99 |
| 02024 | Spices, mustard seed, ground | 1,99 |
| 18326 | Pie, pumpkin, commercially prepared | 1,99 |
| 23036 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw | 1,99 |
| 23095 | Beef, chuck for stew, separable lean and fat, choice, raw | 1,99 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18294 | Pancakes, blueberry, prepared from recipe | 1,99 |
| 17203 | Veal, variety meats and by-products, liver, cooked, braised | 1,99 |
| 23057 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw | 1,98 |
| 18477 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry | 1,98 |
| 05130 | Chicken, stewing, light meat, meat only, cooked, stewed | 1,98 |
| 23257 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 1,98 |
| 23124 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 1,98 |
| 06126 | Gravy, turkey, dry | 1,98 |
| 10032 | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw | 1,97 |
| 23483 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,97 |
| 35183 | Corn, dried, yellow (Northern Plains Indians) | 1,97 |
| 23496 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw | 1,97 |
| 23634 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 1,97 |
| 23604 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked | 1,97 |
| 21407 | McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich | 1,97 |
| 06128 | Soup, chicken noodle, dry, mix | 1,97 |
| 03209 | Babyfood, crackers, vegetable | 1,97 |
| 07955 | Turkey sausage, fresh, raw | 1,96 |
| 23264 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,96 |
| 19367 | Toppings, nuts in syrup | 1,96 |
| 05161 | Squab, (pigeon), meat only, raw | 1,96 |
| 09039 | Avocados, raw, Florida | 1,96 |
| 13937 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 1,96 |
| 17387 | Lamb, New Zealand, imported, loin saddle, separable lean only, raw | 1,96 |
| 23308 | Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw | 1,96 |
| 17368 | Lamb, New Zealand, imported, liver, cooked, soaked and fried | 1,96 |
| 05358 | Chicken, broiler, rotisserie, BBQ, breast meat and skin | 1,96 |
| 10947 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled | 1,96 |
| 17336 | Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled | 1,96 |
| 23366 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,96 |
| 23372 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,96 |
| 28306 | Bread, chapati or roti, plain, commercially prepared | 1,95 |
| 10976 | Pork, ground, 96% lean / 4% fat, cooked, crumbles | 1,95 |
| 10024 | Pork, fresh, loin, whole, separable lean only, raw | 1,95 |
| 21105 | Fast foods, fish sandwich, with tartar sauce | 1,95 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 21258 | BURGER KING, Premium Fish Sandwich | 1,95 |
| 19858 | Candies, sugar-coated almonds | 1,95 |
| 16005 | Beans, baked, home prepared | 1,95 |
| 17304 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw | 1,95 |
| 15239 | Fish, salmon, coho, farmed, cooked, dry heat | 1,94 |
| 17199 | Lamb, variety meats and by-products, liver, raw | 1,94 |
| 18481 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry | 1,94 |
| 19220 | Desserts, rennin, chocolate, dry mix | 1,94 |
| 01067 | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein | 1,94 |
| 36621 | Restaurant, Chinese, sweet and sour chicken | 1,93 |
| 25048 | Snacks, NUTRI-GRAIN FRUIT AND NUT BAR | 1,93 |
| 06256 | Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk | 1,93 |
| 10069 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted | 1,93 |
| 05175 | Turkey, heart, all classes, raw | 1,92 |
| 10152 | Pork, cured, ham, whole, separable lean only, unheated | 1,92 |
| 13432 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 1,92 |
| 17100 | Veal, leg (top round), separable lean only, cooked, braised | 1,92 |
| 21161 | SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato | 1,92 |
| 21162 | Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread | 1,92 |
| 13456 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 1,92 |
| 15111 | Fish, swordfish, cooked, dry heat | 1,91 |
| 05191 | Turkey, all classes, breast, meat and skin, raw | 1,91 |
| 14351 | Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk | 1,91 |
| 17188 | Veal, variety meats and by-products, brain, raw | 1,91 |
| 36035 | Restaurant, family style, coleslaw | 1,91 |
| 23607 | Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,90 |
| 23056 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 1,90 |
| 17400 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried | 1,90 |
| 08003 | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS | 1,90 |
| 16596 | MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared | 1,90 |
| 16607 | MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared | 1,90 |
| 17171 | Game meat, horse, cooked, roasted | 1,90 |
| 18494 | Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon | 1,90 |
| 18976 | KASHI, TLC, Country Cheddar Crackers | 1,90 |
| 18997 | KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon | 1,90 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 32023 | KASHI Mushroom & Asparagus Risotto, frozen, unprepared | 1,90 |
| 01230 | Milk, buttermilk, fluid, whole | 1,90 |
| 05181 | Turkey from whole, light meat, meat and skin, raw | 1,90 |
| 14558 | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk | 1,90 |
| 36404 | Restaurant, Latino, arroz con leche (rice pudding) | 1,90 |
| 18932 | Waffles, buttermilk, frozen, ready-to-heat | 1,90 |
| 05176 | Turkey, heart, all classes, cooked, simmered | 1,90 |
| 23112 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 1,90 |
| 05736 | Turkey, retail parts, drumstick, meat and skin, raw | 1,90 |
| 11956 | Tomatoes, sun-dried, packed in oil, drained | 1,89 |
| 21431 | KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed | 1,89 |
| 23047 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw | 1,89 |
| 17059 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw | 1,89 |
| 23588 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 1,89 |
| 10909 | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated | 1,89 |
| 21416 | POPEYES, Coleslaw | 1,89 |
| 23277 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 1,89 |
| 25030 | Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS | 1,89 |
| 01111 | Milk shakes, thick vanilla | 1,89 |
| 17289 | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised | 1,88 |
| 23087 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,88 |
| 11370 | Potatoes, hash brown, home-prepared | 1,88 |
| 14318 | Beverages, Malted drink mix, chocolate, powder, prepared with whole milk | 1,88 |
| 17418 | Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried | 1,88 |
| 02041 | Spices, tarragon, dried | 1,88 |
| 23397 | Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted | 1,88 |
| 18486 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry | 1,88 |
| 35211 | Caribou, hind quarter, meat, cooked (Alaska Native) | 1,88 |
| 17003 | Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw | 1,88 |
| 17064 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw | 1,88 |
| 15176 | Mollusks, squid, mixed species, cooked, fried | 1,88 |
| 23608 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 1,88 |
| 36033 | Restaurant, family style, fish fillet, battered or breaded, fried | 1,88 |
| 23244 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,88 |
| 23612 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw | 1,88 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 10946 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw | 1,87 |
| 14316 | Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 1,87 |
| 42171 | Salad dressing, french dressing, reduced calorie | 1,87 |
| 23547 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 1,87 |
| 14422 | Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder | 1,87 |
| 06216 | Soup, cream of chicken, canned, prepared with equal volume milk | 1,87 |
| 10010 | Pork, fresh, leg (ham), whole, separable lean only, raw | 1,87 |
| 10211 | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised | 1,87 |
| 15207 | Fish, roe, mixed species, cooked, dry heat | 1,87 |
| 01077 | Milk, whole, 3.25% milkfat, with added vitamin D | 1,86 |
| 01211 | Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D | 1,86 |
| 18566 | Artificial Blueberry Muffin Mix, dry | 1,86 |
| 23599 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw | 1,86 |
| 23093 | Beef, chuck for stew, separable lean and fat, all grades, raw | 1,86 |
| 06123 | Gravy, onion, dry, mix | 1,86 |
| 10979 | Pork, ground, 96% lean / 4% fat, cooked, pan-broiled | 1,86 |
| 13414 | Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 1,86 |
| 14177 | Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk | 1,86 |
| 17047 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw | 1,86 |
| 15216 | Fish, spot, cooked, dry heat | 1,86 |
| 23315 | Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw | 1,86 |
| 15048 | Fish, mackerel, jack, canned, drained solids | 1,86 |
| 17443 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw | 1,86 |
| 18108 | Coffeecake, cinnamon with crumb topping, dry mix, prepared | 1,86 |
| 18112 | Cake, pudding-type, german chocolate, dry mix | 1,85 |
| 10052 | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw | 1,85 |
| 08494 | Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS | 1,85 |
| 23456 | Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted | 1,85 |
| 13595 | Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw | 1,84 |
| 31029 | Potatoes, french fried, wedge cut, frozen, unprepared | 1,84 |
| 10871 | Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted | 1,84 |
| 10922 | Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted | 1,84 |
| 03956 | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified | 1,84 |
| 05014 | Chicken, broilers or fryers, meat only, stewed | 1,84 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 1,84 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17091 | Veal, composite of trimmed retail cuts, separable lean only, cooked | 1,84 |
| 17098 | Veal, leg (top round), separable lean and fat, cooked, roasted | 1,84 |
| 36418 | Restaurant, Mexican, refried beans | 1,84 |
| 21426 | KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed | 1,84 |
| 02043 | Spices, turmeric, ground | 1,84 |
| 03846 | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed | 1,84 |
| 03935 | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA | 1,84 |
| 10019 | Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted | 1,84 |
| 23349 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 1,84 |
| 10901 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated | 1,83 |
| 01276 | Yogurt, Greek, strawberry, DANNON OIKOS | 1,83 |
| 18390 | Pancakes, buttermilk, prepared from recipe | 1,83 |
| 19185 | Puddings, chocolate, dry mix, instant, prepared with whole milk | 1,83 |
| 08084 | Cereals ready-to-eat, wheat germ, toasted, plain | 1,83 |
| 10857 | HORMEL Canadian Style Bacon | 1,83 |
| 13158 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled | 1,83 |
| 14310 | Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 1,83 |
| 15051 | Fish, mackerel, spanish, raw | 1,83 |
| 23509 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 1,83 |
| 23620 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 1,83 |
| 23414 | Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled | 1,82 |
| 23371 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw | 1,82 |
| 22952 | SWANSON, Chicken and Dumplings | 1,82 |
| 03690 | Babyfood, cereal, oatmeal, with bananas, prepared with whole milk | 1,82 |
| 17021 | Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw | 1,82 |
| 17138 | Veal, sirloin, separable lean only, cooked, braised | 1,82 |
| 17194 | Veal, variety meats and by-products, heart, cooked, braised | 1,82 |
| 36045 | ON THE BORDER, refried beans | 1,82 |
| 22960 | Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix | 1,82 |
| 09447 | Plantains, yellow, fried, Latino restaurant | 1,82 |
| 15238 | Fish, salmon, coho, farmed, raw | 1,82 |
| 05114 | Chicken, roasting, meat only, cooked, roasted | 1,81 |
| 10134 | Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted | 1,81 |
| 13358 | Beef, cured, smoked, chopped beef | 1,81 |
| 17132 | Veal, shoulder, blade, separable lean only, cooked, braised | 1,81 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 19189 | Puddings, chocolate, dry mix, regular, prepared with whole milk | 1,81 |
| 03686 | Babyfood, cereal, mixed, with bananas, prepared with whole milk | 1,81 |
| 05188 | Turkey, from whole, dark meat, cooked, roasted | 1,81 |
| 05216 | Turkey, back, from whole bird, meat only, roasted | 1,81 |
| 05695 | Turkey, dark meat, meat only, with added solution, cooked, roasted | 1,81 |
| 05725 | Turkey, drumstick, from whole bird, meat only, with added solution, roasted | 1,81 |
| 05728 | Turkey, thigh, from whole bird, meat only, with added solution, roasted | 1,81 |
| 05741 | Turkey, thigh, from whole bird, meat only, roasted | 1,81 |
| 23256 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 1,80 |
| 43327 | Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted | 1,80 |
| 15052 | Fish, mackerel, spanish, cooked, dry heat | 1,80 |
| 08030 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS | 1,80 |
| 16534 | WORTHINGTON Stakelets, frozen, unprepared | 1,80 |
| 19219 | Puddings, coconut cream, dry mix, regular, prepared with 2% milk | 1,80 |
| 28004 | KELLOGG'S, EGGO, Pancakes, Chocolate Chip | 1,80 |
| 28018 | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry | 1,80 |
| 28189 | KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch | 1,80 |
| 32022 | KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared | 1,80 |
| 17384 | Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried | 1,80 |
| 19094 | Desserts, flan, caramel custard, prepared-from-recipe | 1,80 |
| 03712 | Babyfood, cereal, rice, with bananas, prepared with whole milk | 1,80 |
| 10217 | Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted | 1,80 |
| 10858 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled | 1,80 |
| 23479 | Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled | 1,80 |
| 18396 | Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk | 1,80 |
| 03694 | Babyfood, cereal, rice, prepared with whole milk | 1,79 |
| 05642 | Ostrich, ground, cooked, pan-broiled | 1,79 |
| 23039 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw | 1,79 |
| 08634 | Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH | 1,79 |
| 13959 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 1,79 |
| 10917 | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted | 1,79 |
| 10212 | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled | 1,78 |
| 10181 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried | 1,78 |
| 23309 | Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw | 1,78 |
| 14169 | Beverages, Carob-flavor beverage mix, powder, prepared with whole milk | 1,78 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14196 | Beverages, Cocoa mix, no sugar added, powder | 1,78 |
| 14538 | Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A | 1,78 |
| 17446 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw | 1,77 |
| 21382 | McDONALD'S, FILET-O-FISH (without tartar sauce) | 1,77 |
| 21343 | McDONALD'S, Low Fat Caramel Sauce | 1,77 |
| 23318 | Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw | 1,77 |
| 05138 | Chicken, capons, giblets, cooked, simmered | 1,77 |
| 05151 | Guinea hen, meat and skin, raw | 1,77 |
| 13968 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 1,77 |
| 17361 | Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted | 1,77 |
| 18320 | Pie, lemon meringue, commercially prepared | 1,77 |
| 05354 | USDA Commodity, turkey taco meat, frozen, cooked | 1,76 |
| 25040 | Snacks, vegetable chips, made from garden vegetables | 1,76 |
| 03681 | Babyfood, cereal, barley, prepared with whole milk | 1,76 |
| 05732 | Turkey, retail parts, breast, meat and skin, raw | 1,76 |
| 18085 | Bread stuffing, cornbread, dry mix, prepared | 1,76 |
| 23030 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 1,76 |
| 32024 | Rice mix, cheese flavor, dry mix, unprepared | 1,75 |
| 05285 | Turkey, diced, light and dark meat, seasoned | 1,75 |
| 06725 | Soup, chicken corn chowder, chunky, ready-to-serve, single brand | 1,75 |
| 18300 | Pancakes, whole-wheat, dry mix, incomplete, prepared | 1,75 |
| 23094 | Beef, chuck for stew, separable lean and fat, select, raw | 1,75 |
| 18450 | Tortillas, ready-to-bake or -fry, flour, without added calcium | 1,74 |
| 03685 | Babyfood, cereal, mixed, prepared with whole milk | 1,74 |
| 23352 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 1,74 |
| 23259 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 1,74 |
| 17427 | Veal, loin, chop, separable lean only, cooked, grilled | 1,74 |
| 15014 | Fish, cisco, smoked | 1,74 |
| 17198 | Veal, variety meats and by-products, kidneys, cooked, braised | 1,74 |
| 19203 | Puddings, vanilla, dry mix, instant, prepared with whole milk | 1,74 |
| 19331 | Puddings, lemon, dry mix, instant, prepared with whole milk | 1,74 |
| 19371 | Frostings, vanilla, creamy, dry mix, prepared with margarine | 1,74 |
| 19372 | Frostings, chocolate, creamy, dry mix, prepared with margarine | 1,74 |
| 18420 | Cake, yellow, unenriched, dry mix | 1,74 |
| 35146 | Stew, mutton, corn, squash (Navajo) | 1,74 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14428 | Beverages, shake, fast food, strawberry | 1,73 |
| 05680 | Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised | 1,73 |
| 23646 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw | 1,73 |
| 05172 | Turkey, whole, giblets, cooked, simmered | 1,72 |
| 19199 | Puddings, tapioca, dry mix, prepared with whole milk | 1,72 |
| 32013 | Potsticker or wonton, pork and vegetable, frozen, unprepared | 1,72 |
| 19102 | Candies, fudge, peanut butter, prepared-from-recipe | 1,72 |
| 23519 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 1,72 |
| 01012 | Cheese, cottage, creamed, large or small curd | 1,72 |
| 10058 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled | 1,72 |
| 10916 | Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil | 1,72 |
| 23052 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 1,72 |
| 05647 | Ostrich, inside strip, cooked | 1,71 |
| 13961 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 1,71 |
| 13648 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,71 |
| 23625 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 1,71 |
| 35144 | Stew, dumpling with mutton (Navajo) | 1,71 |
| 05723 | Turkey, retail parts, drumstick, meat only, cooked, roasted | 1,71 |
| 23368 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,71 |
| 23374 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,71 |
| 10802 | USDA Commodity, pork, cured, ham, boneless, cooked, heated | 1,70 |
| 14245 | Beverages, Eggnog-flavor mix, powder, prepared with whole milk | 1,70 |
| 05706 | Turkey, whole, meat and skin, with added solution, raw | 1,70 |
| 16548 | MORNINGSTAR FARMS Grillers Original, frozen, unprepared | 1,70 |
| 16555 | MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared | 1,70 |
| 17120 | Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised | 1,70 |
| 17163 | Game meat, caribou, cooked, roasted | 1,70 |
| 17351 | Veal, Australian, shank, hind, bone-in, separable lean only, raw | 1,70 |
| 18497 | Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry | 1,70 |
| 18614 | MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry | 1,70 |
| 18998 | KELLOGG'S, EGGO, French Toaster Sticks, Original | 1,70 |
| 23065 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 1,70 |
| 23089 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,70 |
| 23618 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw | 1,70 |
| 06016 | Soup, cream of chicken, canned, condensed | 1,70 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06318 | Gravy, CAMPBELL'S, country style cream | 1,70 |
| 05652 | Ostrich, oyster, cooked | 1,69 |
| 36030 | DENNY'S, hash browns | 1,69 |
| 36039 | Restaurant, family style, hash browns | 1,69 |
| 23263 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,68 |
| 19195 | Puddings, rice, dry mix, prepared with whole milk | 1,68 |
| 18281 | Muffins, corn, toaster-type | 1,68 |
| 01110 | Milk shakes, thick chocolate | 1,68 |
| 14182 | Beverages, chocolate syrup, prepared with whole milk | 1,68 |
| 03984 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed | 1,68 |
| 18305 | Pie, blueberry, commercially prepared | 1,68 |
| 33874 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron | 1,68 |
| 16007 | Beans, baked, canned, with beef | 1,68 |
| 18009 | Biscuits, plain or buttermilk, frozen, baked | 1,68 |
| 10804 | USDA Commodity, pork, cured, ham, boneless, cooked, unheated | 1,67 |
| 17349 | Veal, Australian, shank, fore, bone-in, separable lean only, raw | 1,67 |
| 23348 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 1,67 |
| 23351 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 1,67 |
| 43046 | Candies, nougat, with almonds | 1,67 |
| 06325 | Gravy, CAMPBELL'S, chicken, microwavable | 1,67 |
| 08553 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry | 1,67 |
| 20078 | Wheat germ, crude | 1,66 |
| 23499 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw | 1,66 |
| 05177 | Turkey, liver, all classes, raw | 1,66 |
| 01239 | Ice cream cookie sandwich | 1,66 |
| 08366 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular | 1,66 |
| 08487 | Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal | 1,66 |
| 15053 | Fish, milkfish, raw | 1,66 |
| 17177 | Game meat, rabbit, domesticated, composite of cuts, raw | 1,66 |
| 10163 | Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled | 1,66 |
| 17429 | Veal, foreshank, osso buco, separable lean only, cooked, braised | 1,66 |
| 05733 | Turkey, retail parts, breast, meat and skin, cooked, roasted | 1,66 |
| 10067 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised | 1,66 |
| 11399 | Potato puffs, frozen, oven-heated | 1,66 |
| 13416 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 1,66 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13647 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,65 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 1,65 |
| 43130 | Frankfurter, meatless | 1,65 |
| 15241 | Fish, trout, rainbow, farmed, cooked, dry heat | 1,65 |
| 03010 | Babyfood, meat, lamb, strained | 1,65 |
| 05200 | Turkey, fryer-roasters, meat and skin, cooked, roasted | 1,65 |
| 15185 | Fish, tuna, white, canned in oil, without salt, drained solids | 1,65 |
| 23427 | Beef, New Zealand, imported, manufacturing beef, raw | 1,65 |
| 43391 | Turkey, light or dark meat, smoked, cooked, skin and bone removed | 1,65 |
| 23403 | Beef, New Zealand, imported, brisket point end, separable lean only, raw | 1,65 |
| 02015 | Spices, curry powder | 1,65 |
| 08689 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry | 1,65 |
| 05179 | Turkey from whole, neck, meat only, raw | 1,65 |
| 15156 | Mollusks, abalone, mixed species, cooked, fried | 1,65 |
| 42284 | Babyfood, baked product, finger snacks cereal fortified | 1,65 |
| 15182 | Fish, salmon, sockeye, canned, without salt, drained solids with bone | 1,64 |
| 04688 | Salad dressing, spray-style dressing, assorted flavors | 1,64 |
| 19207 | Puddings, vanilla, dry mix, regular, prepared with whole milk | 1,64 |
| 03015 | Babyfood, meat, turkey, strained | 1,64 |
| 03016 | Babyfood, meat, turkey, junior | 1,64 |
| 03201 | Babyfood, cereal, egg yolks and bacon, junior | 1,64 |
| 05116 | Chicken, roasting, giblets, cooked, simmered | 1,64 |
| 05137 | Chicken, capons, giblets, raw | 1,64 |
| 18403 | Waffles, plain, frozen, ready -to-heat, toasted | 1,64 |
| 10984 | Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 1,64 |
| 23617 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 1,64 |
| 21356 | McDONALD'S, McCHICKEN Sandwich (without mayonnaise) | 1,64 |
| 32005 | Macaroni and cheese, box mix with cheese sauce, prepared | 1,64 |
| 06208 | Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve | 1,64 |
| 14017 | Alcoholic beverage, pina colada, prepared-from-recipe | 1,64 |
| 21248 | WENDY'S, Frosty Dairy Dessert | 1,64 |
| 19321 | Puddings, banana, dry mix, regular, prepared with whole milk | 1,63 |
| 12032 | Seeds, sesame flour, partially defatted | 1,63 |
| 06392 | CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup | 1,63 |
| 06433 | CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder | 1,63 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 1,63 |
| 06246 | Soup, cream of onion, canned, prepared with equal volume milk | 1,63 |
| 19096 | Ice creams, vanilla, light, soft-serve | 1,63 |
| 36009 | T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu | 1,63 |
| 10002 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw | 1,62 |
| 23598 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 1,62 |
| 23408 | Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted | 1,62 |
| 21377 | McDONALD'S Bacon Ranch Salad with Crispy Chicken | 1,62 |
| 23255 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw | 1,62 |
| 06978 | Soup, beef and mushroom, low sodium, chunk style | 1,62 |
| 06728 | Soup, potato ham chowder, chunky, ready-to-serve, single brand | 1,62 |
| 18144 | Cake, yellow, enriched, dry mix | 1,62 |
| 15116 | Fish, trout, rainbow, wild, cooked, dry heat | 1,62 |
| 21244 | WENDY'S, Homestyle Chicken Fillet Sandwich | 1,62 |
| 10048 | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw | 1,62 |
| 18028 | Bread, egg, toasted | 1,62 |
| 13415 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 1,62 |
| 17409 | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted | 1,61 |
| 06014 | CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed | 1,61 |
| 06312 | CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed | 1,61 |
| 06342 | CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed | 1,61 |
| 36018 | APPLEBEE'S, fish, hand battered | 1,61 |
| 15118 | Fish, tuna, fresh, bluefin, cooked, dry heat | 1,61 |
| 06006 | Soup, bean with frankfurters, canned, condensed | 1,61 |
| 06736 | Soup, cream of chicken, canned, condensed, single brand | 1,61 |
| 13974 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw | 1,61 |
| 17013 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw | 1,61 |
| 23590 | Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 1,61 |
| 20132 | Oat flour, partially debranned | 1,61 |
| 05182 | Turkey from whole, light meat, meat and skin, cooked, roasted | 1,60 |
| 03981 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed | 1,60 |
| 15110 | Fish, swordfish, raw | 1,60 |
| 17375 | Lamb, New Zealand, imported, sweetbread, raw | 1,60 |
| 23592 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 1,60 |
| 19033 | Snacks, GENERAL MILLS, CHEX MIX, traditional flavor | 1,60 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23306 | Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw | 1,60 |
| 05671 | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised | 1,60 |
| 03936 | Infant formula, PBM PRODUCTS, store brand, ready-to-feed | 1,60 |
| 03939 | Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed | 1,60 |
| 06584 | Soup, broccoli cheese, canned, condensed, commercial | 1,60 |
| 08594 | Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX | 1,60 |
| 08672 | Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS | 1,60 |
| 10138 | Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted | 1,60 |
| 16509 | LOMA LINDA Linketts, canned, unprepared | 1,60 |
| 16536 | WORTHINGTON Wham (roll), frozen, unprepared | 1,60 |
| 16549 | MORNINGSTAR FARMS Grillers Prime, frozen, unprepared | 1,60 |
| 16617 | MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared | 1,60 |
| 17101 | Veal, leg (top round), separable lean only, cooked, pan-fried, breaded | 1,60 |
| 22126 | LOMA LINDA Big Franks, canned, unprepared | 1,60 |
| 22994 | KASHI Spinach Artichoke Pasta, frozen, unprepared | 1,60 |
| 28006 | KELLOGG'S, CINNABON, Pancakes, Original | 1,60 |
| 28041 | KASHI, TLC, Oatmeal Raisin Flax Cookies | 1,60 |
| 28282 | SUNSHINE, KRISPY, Soup & Oyster Crackers (large) | 1,60 |
| 01284 | Yogurt, Greek, strawberry, lowfat | 1,60 |
| 21127 | Fast foods, coleslaw | 1,60 |
| 10224 | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw | 1,60 |
| 05353 | USDA Commodity, chicken fajita strips, frozen | 1,60 |
| 15082 | Fish, salmon, coho, wild, cooked, moist heat | 1,60 |
| 05343 | Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning | 1,59 |
| 05703 | Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted | 1,59 |
| 18027 | Bread, egg | 1,59 |
| 03983 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed | 1,59 |
| 16113 | Natto | 1,59 |
| 05150 | Goose, liver, raw | 1,59 |
| 06210 | Soup, cream of celery, canned, prepared with equal volume milk | 1,59 |
| 11339 | Peppers, sweet, green, sauteed | 1,59 |
| 12007 | Seeds, cottonseed flour, partially defatted (glandless) | 1,59 |
| 22953 | Egg rolls, pork, refrigerated, heated | 1,59 |
| 02037 | Spices, saffron | 1,59 |
| 15235 | Fish, catfish, channel, farmed, cooked, dry heat | 1,59 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08047 | Cereals ready-to-eat, QUAKER, KING VITAMAN | 1,58 |
| 03965 | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified | 1,58 |
| 17388 | Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted | 1,58 |
| 06249 | Soup, pea, green, canned, prepared with equal volume milk | 1,58 |
| 07060 | Luxury loaf, pork | 1,58 |
| 13597 | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,58 |
| 17215 | Lamb, variety meats and by-products, spleen, cooked, braised | 1,58 |
| 18935 | Waffle, plain, frozen, ready-to-heat, microwave | 1,58 |
| 23055 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 1,58 |
| 44258 | Puddings, chocolate flavor, low calorie, regular, dry mix | 1,58 |
| 03955 | Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA | 1,58 |
| 02066 | Spearmint, dried | 1,58 |
| 18344 | Rolls, dinner, egg | 1,58 |
| 23457 | Beef, New Zealand, imported, eye round, separable lean and fat, raw | 1,57 |
| 05319 | Chicken, broiler, rotisserie, BBQ, drumstick, meat only | 1,57 |
| 03205 | Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified | 1,57 |
| 05336 | USDA Commodity Chicken, canned, meat only, drained | 1,57 |
| 05125 | Chicken, stewing, meat only, raw | 1,57 |
| 15251 | USDA Commodity, salmon nuggets, breaded, frozen, heated | 1,57 |
| 23246 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw | 1,57 |
| 10874 | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted | 1,56 |
| 05027 | Chicken, liver, all classes, raw | 1,56 |
| 13426 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 1,56 |
| 13492 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 1,56 |
| 19319 | Puddings, banana, dry mix, instant, prepared with whole milk | 1,56 |
| 18617 | NABISCO, NABISCO GRAHAMS Crackers | 1,56 |
| 17202 | Veal, variety meats and by-products, liver, raw | 1,56 |
| 23353 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 1,56 |
| 11921 | Peppers, sweet, red, sauteed | 1,56 |
| 13491 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 1,56 |
| 23652 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw | 1,56 |
| 13417 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 1,56 |
| 18024 | Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 1,56 |
| 01223 | Protein supplement, milk based, Muscle Milk, powder | 1,55 |
| 10921 | Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil | 1,55 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23582 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw | 1,55 |
| 23603 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,55 |
| 18386 | Muffins, blueberry, toaster-type, toasted | 1,55 |
| 02027 | Spices, oregano, dried | 1,55 |
| 03968 | Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed | 1,55 |
| 18940 | Muffin, blueberry, commercially prepared, low-fat | 1,55 |
| 23379 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 1,55 |
| 15128 | Fish, tuna salad | 1,54 |
| 23258 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 1,54 |
| 05115 | Chicken, roasting, giblets, raw | 1,54 |
| 10877 | Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted | 1,54 |
| 02014 | Spices, cumin seed | 1,54 |
| 15181 | Fish, salmon, pink, canned, without salt, solids with bone and liquid | 1,54 |
| 15119 | Fish, tuna, light, canned in oil, drained solids | 1,53 |
| 15183 | Fish, tuna, light, canned in oil, without salt, drained solids | 1,53 |
| 43128 | Chicken, meatless | 1,53 |
| 18268 | French toast, frozen, ready-to-heat | 1,53 |
| 18365 | Waffles, plain, frozen, ready-to-heat | 1,53 |
| 03048 | Babyfood, macaroni and cheese, toddler | 1,53 |
| 13649 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,53 |
| 10870 | Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil | 1,53 |
| 15088 | Fish, sardine, Atlantic, canned in oil, drained solids with bone | 1,53 |
| 23418 | Beef, New Zealand, imported, inside, raw | 1,53 |
| 42179 | Frankfurter, beef, low fat | 1,53 |
| 05040 | Chicken, broilers or fryers, light meat, meat only, cooked, fried | 1,52 |
| 05053 | Chicken, broilers or fryers, back, meat only, raw | 1,52 |
| 06253 | Soup, cream of potato, canned, prepared with equal volume milk | 1,52 |
| 10215 | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised | 1,52 |
| 17369 | Lamb, New Zealand, imported, liver, raw | 1,51 |
| 17074 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw | 1,51 |
| 17340 | Game meat, elk, loin, separable lean only, cooked, broiled | 1,51 |
| 05074 | Chicken, broilers or fryers, drumstick, meat only, cooked, stewed | 1,51 |
| 10107 | Pork, fresh, variety meats and by-products, kidneys, cooked, braised | 1,51 |
| 10137 | Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated | 1,51 |
| 18242 | Croutons, plain | 1,51 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 12001 | Seeds, breadfruit seeds, raw | 1,51 |
| 18323 | Pie, peach | 1,51 |
| 23611 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,51 |
| 23613 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw | 1,51 |
| 21378 | McDONALD'S, Bacon Ranch Salad without chicken | 1,51 |
| 05073 | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted | 1,50 |
| 13969 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 1,50 |
| 03963 | Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder | 1,50 |
| 08013 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 1,50 |
| 08376 | Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS | 1,50 |
| 08481 | Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES | 1,50 |
| 08631 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate | 1,50 |
| 08660 | Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows | 1,50 |
| 16525 | WORTHINGTON Chic-Ketts, frozen, unprepared | 1,50 |
| 16556 | MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared | 1,50 |
| 16618 | MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared | 1,50 |
| 17017 | Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw | 1,50 |
| 18388 | Muffins, wheat bran, toaster-type with raisins, toasted | 1,50 |
| 18501 | KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry | 1,50 |
| 22983 | KASHI, Chicken Florentine, Frozen Entree | 1,50 |
| 23650 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw | 1,50 |
| 28191 | KELLOGG'S, SPECIAL K, Savory Herb Crackers | 1,50 |
| 43595 | Breakfast bar, corn flake crust with fruit | 1,50 |
| 15252 | USDA Commodity, salmon nuggets, cooked as purchased, unheated | 1,50 |
| 18347 | Rolls, dinner, wheat | 1,50 |
| 03868 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed | 1,50 |
| 17126 | Veal, shoulder, arm, separable lean only, cooked, braised | 1,49 |
| 10905 | Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated | 1,49 |
| 23328 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 1,49 |
| 15080 | Fish, salmon, chum, canned, drained solids with bone | 1,49 |
| 15180 | Fish, salmon, chum, canned, without salt, drained solids with bone | 1,49 |
| 15142 | Crustaceans, crab, blue, crab cakes, home recipe | 1,48 |
| 23477 | Beef, ground, 97% lean meat / 3% fat, raw | 1,48 |
| 03806 | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed | 1,48 |
| 03992 | Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA | 1,48 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11286 | Onions, yellow, sauteed | 1,48 |
| 23382 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 1,48 |
| 23594 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,48 |
| 19205 | Egg custards, dry mix, prepared with 2% milk | 1,48 |
| 15219 | Fish, trout, mixed species, cooked, dry heat | 1,47 |
| 18092 | Cake, pudding-type, carrot, dry mix | 1,47 |
| 10881 | Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted | 1,47 |
| 25051 | Snacks, CLIF BAR, mixed flavors | 1,47 |
| 18338 | Phyllo dough | 1,47 |
| 23088 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,47 |
| 03800 | Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed | 1,47 |
| 03960 | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed | 1,47 |
| 03961 | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate | 1,47 |
| 03803 | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed | 1,47 |
| 21406 | McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich | 1,46 |
| 05165 | Turkey, whole, meat and skin, raw | 1,46 |
| 17376 | Lamb, New Zealand, imported, testes, cooked, soaked and fried | 1,46 |
| 02019 | Spices, fenugreek seed | 1,46 |
| 05156 | Pheasant, leg, meat only, raw | 1,46 |
| 11930 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added | 1,46 |
| 15253 | Salmon, sockeye, canned, total can contents | 1,46 |
| 22900 | Ravioli, meat-filled, with tomato sauce or meat sauce, canned | 1,46 |
| 20001 | Amaranth grain, uncooked | 1,46 |
| 22912 | Spaghetti, with meatballs in tomato sauce, canned | 1,46 |
| 15072 | Fish, roe, mixed species, raw | 1,46 |
| 03815 | Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA | 1,45 |
| 03825 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA | 1,45 |
| 03832 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA | 1,45 |
| 03845 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA | 1,45 |
| 03857 | Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA | 1,45 |
| 03942 | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA | 1,45 |
| 05171 | Turkey, whole, giblets, raw | 1,45 |
| 10015 | Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted | 1,45 |
| 08351 | Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal | 1,45 |
| 14047 | Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan | 1,45 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15103 | Fish, spot, raw | 1,45 |
| 10872 | Pork, cured, ham and water product, whole, boneless, separable lean only, unheated | 1,45 |
| 16160 | Tofu, hard, prepared with nigari | 1,44 |
| 03823 | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed | 1,44 |
| 03988 | Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed | 1,44 |
| 03990 | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed | 1,44 |
| 05143 | Duck, domesticated, liver, raw | 1,44 |
| 10149 | Pork, cured, ham, steak, boneless, extra lean, unheated | 1,44 |
| 15087 | Fish, salmon, sockeye, canned, drained solids | 1,44 |
| 16147 | Veggie burgers or soyburgers, unprepared | 1,44 |
| 17170 | Game meat, horse, raw | 1,44 |
| 10868 | Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil | 1,44 |
| 13324 | Beef, variety meats and by-products, kidneys, cooked, simmered | 1,44 |
| 13419 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 1,44 |
| 05679 | Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted | 1,44 |
| 16158 | Hummus, commercial | 1,44 |
| 22971 | Potato salad with egg | 1,44 |
| 25041 | Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors | 1,44 |
| 25055 | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX | 1,44 |
| 15195 | Fish, drum, freshwater, cooked, dry heat | 1,43 |
| 23585 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 1,43 |
| 28363 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original | 1,43 |
| 01105 | Milk, chocolate beverage, hot cocoa, homemade | 1,43 |
| 15056 | Fish, mullet, striped, cooked, dry heat | 1,43 |
| 05650 | Ostrich, outside strip, cooked | 1,43 |
| 08231 | Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry | 1,43 |
| 06398 | CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili | 1,43 |
| 06437 | CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili | 1,43 |
| 11414 | Potato salad, home-prepared | 1,43 |
| 10880 | Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated | 1,43 |
| 31027 | Potatoes, yellow fleshed, french fried, frozen, unprepared | 1,43 |
| 23596 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,42 |
| 43132 | Meatballs, meatless | 1,42 |
| 43135 | Sandwich spread, meatless | 1,42 |
| 43137 | Vegetarian meatloaf or patties | 1,42 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23325 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 1,42 |
| 10879 | Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted | 1,42 |
| 23350 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 1,42 |
| 10973 | Pork, ground, 96% lean / 4% fat, raw | 1,42 |
| 10873 | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted | 1,42 |
| 11398 | Potato puffs, frozen, unprepared | 1,42 |
| 22972 | Pulled pork in barbecue sauce | 1,42 |
| 23591 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 1,42 |
| 25001 | Snacks, popcorn, microwave, low fat | 1,42 |
| 43572 | Popcorn, microwave, low fat and sodium | 1,42 |
| 09193 | Olives, ripe, canned (small-extra large) | 1,42 |
| 23513 | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw | 1,41 |
| 19877 | Ice creams, BREYERS, 98% Fat Free Vanilla | 1,41 |
| 23381 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 1,41 |
| 10111 | Pork, fresh, variety meats and by-products, liver, cooked, braised | 1,41 |
| 10854 | HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored | 1,41 |
| 13353 | Beef, cured, luncheon meat, jellied | 1,41 |
| 18080 | Bread sticks, plain | 1,41 |
| 21403 | McDONALD'S, Premium Crispy Chicken Classic Sandwich | 1,41 |
| 13322 | Beef, variety meats and by-products, heart, cooked, simmered | 1,40 |
| 10867 | Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted | 1,40 |
| 10878 | Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil | 1,40 |
| 28288 | Bread, roll, Mexican, bollilo | 1,40 |
| 18640 | HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen | 1,40 |
| 19438 | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares | 1,40 |
| 22985 | KASHI, Lemongrass Coconut Chicken, Frozen Entree | 1,40 |
| 23051 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw | 1,40 |
| 28187 | KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt | 1,40 |
| 28190 | KELLOGG'S, SPECIAL K, Multigrain Crackers | 1,40 |
| 28284 | KEEBLER, ZESTA, Saltines with Whole Wheat | 1,40 |
| 03859 | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed | 1,40 |
| 03925 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed | 1,40 |
| 08531 | Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt | 1,40 |
| 16513 | WORTHINGTON FriChik Original, canned, unprepared | 1,40 |
| 16529 | WORTHINGTON FriPats, frozen, unprepared | 1,40 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 03987 | Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed | 1,40 |
| 23609 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,40 |
| 18277 | Muffins, blueberry, toaster-type | 1,40 |
| 07052 | Pastrami, turkey | 1,40 |
| 10210 | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw | 1,39 |
| 18459 | Breakfast tart, low fat | 1,39 |
| 28307 | Bread, naan, plain, commercially prepared, refrigerated | 1,39 |
| 23240 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,39 |
| 23424 | Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled | 1,39 |
| 02030 | Spices, pepper, black | 1,39 |
| 18376 | Bread crumbs, dry, grated, seasoned | 1,39 |
| 18351 | Rolls, hamburger or hotdog, mixed-grain | 1,39 |
| 08189 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins | 1,39 |
| 08707 | Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond | 1,39 |
| 13334 | Beef, variety meats and by-products, spleen, cooked, braised | 1,39 |
| 22939 | SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce | 1,39 |
| 25043 | Snacks, candy bits, yogurt covered with vitamin C | 1,39 |
| 15009 | Fish, carp, cooked, dry heat | 1,39 |
| 08693 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry | 1,39 |
| 10889 | Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only | 1,38 |
| 10982 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw | 1,38 |
| 36613 | DENNY'S, macaroni & cheese, from kid's menu | 1,38 |
| 23378 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 1,38 |
| 35237 | Tamales, masa and pork filling (Hopi) | 1,38 |
| 13321 | Beef, variety meats and by-products, heart, raw | 1,38 |
| 15240 | Fish, trout, rainbow, farmed, raw | 1,38 |
| 28343 | Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour | 1,38 |
| 28373 | UDI'S, Gluten Free, Whole Grain Dinner Rolls | 1,38 |
| 19894 | Ice creams, BREYERS, 98% Fat Free Chocolate | 1,38 |
| 02029 | Spices, parsley, dried | 1,38 |
| 11844 | Potatoes, scalloped, home-prepared with margarine | 1,38 |
| 18224 | Crackers, rusk toast | 1,38 |
| 23651 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw | 1,38 |
| 18342 | Rolls, dinner, plain, commercially prepared (includes brown-and-serve) | 1,38 |
| 13418 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 1,38 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 22969 | Chili with beans, microwavable bowls | 1,37 |
| 25054 | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating | 1,37 |
| 11394 | Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased | 1,37 |
| 06007 | Soup, bean with ham, canned, chunky, ready-to-serve | 1,37 |
| 13438 | Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised | 1,37 |
| 17381 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw | 1,37 |
| 17422 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw | 1,37 |
| 19191 | Puddings, coconut cream, dry mix, instant, prepared with 2% milk | 1,37 |
| 23416 | Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised | 1,37 |
| 21442 | POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed | 1,37 |
| 18453 | Cake, yellow, light, dry mix | 1,37 |
| 03054 | Babyfood, dinner, vegetables and beef, junior | 1,37 |
| 18017 | Biscuits, mixed grain, refrigerated dough | 1,37 |
| 17357 | Lamb, New Zealand, imported, brains, cooked, soaked and fried | 1,36 |
| 03813 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed | 1,36 |
| 23260 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 1,36 |
| 05020 | Chicken, broilers or fryers, giblets, raw | 1,36 |
| 08085 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ | 1,36 |
| 14055 | Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan, | 1,36 |
| 10222 | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted | 1,36 |
| 10956 | Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled | 1,36 |
| 05713 | Turkey, retail parts, wing, meat only, cooked, roasted | 1,36 |
| 10216 | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled | 1,36 |
| 23640 | Beef, variety meats and by-products, tripe, cooked, simmered | 1,36 |
| 42158 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free | 1,36 |
| 18279 | Muffins, corn, commercially prepared | 1,35 |
| 23327 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 1,35 |
| 36619 | Restaurant, Chinese, kung pao chicken | 1,35 |
| 17345 | Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled | 1,35 |
| 05702 | Turkey from whole, light meat, meat and skin, with added solution, raw | 1,35 |
| 23398 | Beef, New Zealand, imported, bolar blade, separable lean only, raw | 1,35 |
| 08122 | Cereals, oats, instant, fortified, plain, dry | 1,35 |
| 17334 | Game meat, bison, chuck, shoulder clod, separable lean only, raw | 1,34 |
| 17288 | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw | 1,34 |
| 22918 | Burrito, bean and cheese, frozen | 1,34 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23334 | Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw | 1,34 |
| 25037 | Snacks, pita chips, salted | 1,34 |
| 17342 | Game meat, elk, tenderloin, separable lean only, cooked, broiled | 1,34 |
| 06201 | Soup, cream of asparagus, canned, prepared with equal volume milk | 1,34 |
| 10104 | Pork, fresh, variety meats and by-products, heart, cooked, braised | 1,34 |
| 23632 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw | 1,34 |
| 33875 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron | 1,34 |
| 03985 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed | 1,34 |
| 05318 | Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised | 1,34 |
| 43131 | Luncheon slices, meatless | 1,34 |
| 28392 | PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread | 1,33 |
| 06729 | Soup, sirloin burger with vegetables, ready-to-serve, single brand | 1,33 |
| 08094 | Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry | 1,33 |
| 20033 | Oat bran, raw | 1,33 |
| 10959 | Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled | 1,32 |
| 05022 | Chicken, broilers or fryers, giblets, cooked, simmered | 1,32 |
| 10960 | Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled | 1,32 |
| 05145 | Duck, wild, breast, meat only, raw | 1,32 |
| 05158 | Quail, meat only, raw | 1,32 |
| 05658 | Ostrich, top loin, cooked | 1,32 |
| 25017 | Formulated bar, POWER BAR, chocolate | 1,32 |
| 07043 | Roast beef, deli style, prepackaged, sliced | 1,32 |
| 32025 | Dumpling, potato- or cheese-filled, frozen | 1,32 |
| 23383 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 1,31 |
| 36003 | APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu | 1,31 |
| 06051 | Soup, pea, split with ham, canned, condensed | 1,31 |
| 15234 | Fish, catfish, channel, farmed, raw | 1,31 |
| 23331 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 1,31 |
| 08225 | Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry | 1,31 |
| 23584 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 1,31 |
| 12084 | Nuts, butternuts, dried | 1,31 |
| 21420 | KFC, Coleslaw | 1,30 |
| 08690 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry | 1,30 |
| 18134 | Cake, sponge, prepared from recipe | 1,30 |
| 06483 | Soup, cream of chicken, dry, mix, prepared with water | 1,30 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16211 | Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu | 1,30 |
| 16524 | WORTHINGTON Veja-Links, canned, unprepared | 1,30 |
| 16608 | MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared | 1,30 |
| 17141 | Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised | 1,30 |
| 17159 | Game meat, boar, wild, cooked, roasted | 1,30 |
| 18499 | KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake | 1,30 |
| 28259 | KELLOGG'S, EGGO Minis, Pancakes, Buttermilk | 1,30 |
| 28283 | KEEBLER, ZESTA, Saltines, Original | 1,30 |
| 28389 | PEPPERIDGE FARM, White Bread | 1,30 |
| 32030 | KASHI Italian Vegetable Medley Pasta, frozen, unprepared | 1,30 |
| 25039 | Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors | 1,30 |
| 16109 | Soybeans, mature cooked, boiled, without salt | 1,30 |
| 16409 | Soybeans, mature seeds, cooked, boiled, with salt | 1,30 |
| 05338 | USDA Commodity, Chicken, canned, meat only, with broth | 1,29 |
| 15214 | Fish, seatrout, mixed species, cooked, dry heat | 1,29 |
| 03089 | Babyfood, dinner, macaroni and cheese, strained | 1,29 |
| 13341 | Beef, variety meats and by-products, tripe, raw | 1,29 |
| 05063 | Chicken, broilers or fryers, breast, meat only, cooked, fried | 1,29 |
| 06456 | Soup, cream of shrimp, canned, prepared with equal volume water | 1,29 |
| 08046 | Cereals ready-to-eat, POST, Honeycomb Cereal | 1,29 |
| 08262 | Cereals ready-to-eat, GENERAL MILLS, BASIC 4 | 1,29 |
| 08649 | Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble | 1,29 |
| 08661 | Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS | 1,29 |
| 08702 | Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry | 1,29 |
| 16118 | Soy flour, low-fat | 1,29 |
| 17102 | Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded | 1,29 |
| 17162 | Game meat, caribou, raw | 1,29 |
| 17410 | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw | 1,29 |
| 19190 | Puddings, chocolate, dry mix, regular, prepared with 2% milk | 1,29 |
| 18227 | Crackers, rye, wafers, seasoned | 1,29 |
| 23324 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 1,29 |
| 23261 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,28 |
| 23333 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 1,28 |
| 11929 | Potatoes, mashed, prepared from granules, without milk, whole milk and margarine | 1,28 |
| 15001 | Fish, anchovy, european, raw | 1,28 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13227 | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw | 1,28 |
| 13420 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 1,28 |
| 15124 | Fish, tuna, white, canned in oil, drained solids | 1,28 |
| 15135 | Fish, yellowtail, mixed species, raw | 1,28 |
| 13493 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 1,28 |
| 17070 | Lamb, New Zealand, imported, fore-shank, separable lean only, raw | 1,28 |
| 23330 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 1,28 |
| 03009 | Babyfood, meat, ham, junior | 1,27 |
| 05041 | Chicken, broilers or fryers, light meat, meat only, cooked, roasted | 1,27 |
| 06061 | Soup, tomato beef with noodle, canned, condensed | 1,27 |
| 10952 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted | 1,27 |
| 13329 | Beef, variety meats and by-products, lungs, cooked, braised | 1,27 |
| 17441 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw | 1,27 |
| 03008 | Babyfood, meat, ham, strained | 1,27 |
| 03190 | Babyfood, cereal, oatmeal, with bananas, dry | 1,27 |
| 11395 | Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated | 1,27 |
| 23033 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 1,27 |
| 10888 | Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated | 1,27 |
| 17363 | Lamb, New Zealand, imported, chump, boneless, separable lean only, raw | 1,26 |
| 23265 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,26 |
| 19183 | Puddings, chocolate, ready-to-eat | 1,26 |
| 16426 | Tofu, raw, firm, prepared with calcium sulfate | 1,26 |
| 15081 | Fish, salmon, coho, wild, raw | 1,26 |
| 17385 | Lamb, New Zealand, imported, tenderloin, separable lean only, raw | 1,26 |
| 05337 | USDA Commodity, Chicken, canned, meat only, with water | 1,26 |
| 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D | 1,26 |
| 01174 | Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D | 1,26 |
| 15117 | Fish, tuna, fresh, bluefin, raw | 1,26 |
| 15209 | Fish, salmon, Atlantic, wild, cooked, dry heat | 1,26 |
| 03860 | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed | 1,26 |
| 03870 | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber | 1,26 |
| 10865 | Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted | 1,25 |
| 10899 | Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil | 1,25 |
| 22904 | Chili con carne with beans, canned entree | 1,25 |
| 23355 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,25 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23358 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,25 |
| 23637 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw | 1,25 |
| 18131 | Cake, white, dry mix, special dietary (includes lemon-flavored) | 1,25 |
| 04640 | Salad dressing, ranch dressing, reduced fat | 1,25 |
| 06358 | Soup, tomato bisque, canned, prepared with equal volume milk | 1,25 |
| 17165 | Game meat, deer, cooked, roasted | 1,25 |
| 43215 | Salad dressing, buttermilk, lite | 1,25 |
| 11359 | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased | 1,25 |
| 10225 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw | 1,25 |
| 06149 | Soup, chicken mushroom, canned, condensed | 1,25 |
| 03930 | Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder | 1,24 |
| 03864 | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA | 1,24 |
| 05622 | Emu, ground, cooked, pan-broiled | 1,24 |
| 06026 | Soup, chili beef, canned, condensed | 1,24 |
| 42189 | Milk, buttermilk, fluid, cultured, reduced fat | 1,24 |
| 05154 | Pheasant, raw, meat only | 1,24 |
| 05727 | Turkey, retail parts, breast, meat and skin, with added solution, raw | 1,24 |
| 06044 | Soup, mushroom with beef stock, canned, condensed | 1,24 |
| 08054 | Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey | 1,24 |
| 03850 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed | 1,24 |
| 03855 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed | 1,24 |
| 03949 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed | 1,24 |
| 01015 | Cheese, cottage, lowfat, 2% milkfat | 1,24 |
| 21376 | McDONALD'S, Bacon Ranch Salad with Grilled Chicken | 1,24 |
| 19188 | Puddings, chocolate, dry mix, regular | 1,23 |
| 13325 | Beef, variety meats and by-products, liver, raw | 1,23 |
| 01081 | Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D | 1,23 |
| 01152 | Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A | 1,23 |
| 23631 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw | 1,23 |
| 05631 | Emu, oyster, raw | 1,23 |
| 01287 | Yogurt, Greek, plain, lowfat | 1,23 |
| 03077 | Babyfood, dinner, pasta with vegetables | 1,23 |
| 17196 | Lamb, variety meats and by-products, kidneys, cooked, braised | 1,23 |
| 23332 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 1,23 |
| 07028 | Ham, sliced, pre-packaged, deli meat (96%fat free, water added) | 1,23 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 10866 | Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated | 1,23 |
| 18970 | Tortillas, ready-to-bake or -fry, flour, shelf stable | 1,22 |
| 23032 | Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw | 1,22 |
| 06383 | CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup | 1,22 |
| 06393 | CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder | 1,22 |
| 18271 | Ice cream cones, cake or wafer-type | 1,22 |
| 05651 | Ostrich, oyster, raw | 1,22 |
| 17103 | Veal, leg (top round), separable lean only, cooked, roasted | 1,22 |
| 10869 | Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil | 1,22 |
| 20038 | Oats | 1,22 |
| 08347 | Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH | 1,21 |
| 25033 | Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors | 1,21 |
| 15264 | Salmon, sockeye, canned, drained solids, without skin and bones | 1,21 |
| 06333 | CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed | 1,21 |
| 06337 | CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed | 1,21 |
| 06340 | CAMPBELL'S Red and White, Cream of Onion Soup, condensed | 1,21 |
| 06343 | CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed | 1,21 |
| 10066 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw | 1,21 |
| 19193 | Puddings, rice, ready-to-eat | 1,21 |
| 08694 | Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon | 1,21 |
| 12011 | Seeds, cottonseed meal, partially defatted (glandless) | 1,21 |
| 10077 | Pork, fresh, shoulder, arm picnic, separable lean only, raw | 1,21 |
| 17176 | Game meat, opossum, cooked, roasted | 1,21 |
| 01291 | Milk, evaporated, 2% fat, with added vitamin A and vitamin D | 1,20 |
| 35009 | Whale, beluga, meat, dried (Alaska Native) | 1,20 |
| 18079 | Bread crumbs, dry, grated, plain | 1,20 |
| 05600 | USDA Commodity, turkey ham, dark meat, smoked, frozen | 1,20 |
| 05657 | Ostrich, top loin, raw | 1,20 |
| 06081 | Soup, chicken broth cubes, dry | 1,20 |
| 06147 | Soup, beef mushroom, canned, condensed | 1,20 |
| 06231 | PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve | 1,20 |
| 08284 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins | 1,20 |
| 08596 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight | 1,20 |
| 08704 | Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry | 1,20 |
| 11386 | Potatoes, scalloped, dry mix, unprepared | 1,20 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16526 | WORTHINGTON Meatless Chicken Roll, frozen, unprepared | 1,20 |
| 16610 | MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared | 1,20 |
| 16611 | MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared | 1,20 |
| 18975 | KASHI, TLC, Original 7-Grain Crackers | 1,20 |
| 22944 | SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta | 1,20 |
| 22989 | KASHI, Red Curry Chicken, Frozen Entree | 1,20 |
| 28003 | KELLOGG'S, EGGO, Pancakes, Blueberry | 1,20 |
| 28005 | KELLOGG'S, CINNABON, Pancakes, Caramel | 1,20 |
| 23335 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 1,20 |
| 10061 | Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted | 1,20 |
| 21430 | KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed | 1,20 |
| 01080 | Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D | 1,20 |
| 05748 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised | 1,19 |
| 22976 | Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees | 1,19 |
| 06379 | CAMPBELL'S Red and White, Tomato Bisque, condensed | 1,19 |
| 22950 | SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included) | 1,19 |
| 08687 | Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread | 1,19 |
| 10957 | Pork, Leg Cap Steak, boneless, separable lean and fat, raw | 1,19 |
| 17389 | Lamb, New Zealand, imported, loin, boneless, separable lean only, raw | 1,19 |
| 23425 | Beef, New Zealand, imported, variety meats and by-products, liver, raw | 1,18 |
| 25000 | Snacks, popcorn, microwave, 94% fat free | 1,18 |
| 32004 | Macaroni and cheese, box mix with cheese sauce, unprepared | 1,18 |
| 10218 | Pork, fresh, loin, tenderloin, separable lean and fat, raw | 1,18 |
| 03002 | Babyfood, meat, beef, strained | 1,18 |
| 03003 | Babyfood, meat, beef, junior | 1,18 |
| 03900 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed | 1,18 |
| 05162 | Squab, (pigeon), light meat without skin, raw | 1,18 |
| 17009 | Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw | 1,18 |
| 17094 | Veal, leg (top round), separable lean and fat, raw | 1,18 |
| 20109 | Noodles, egg, dry, enriched | 1,18 |
| 20409 | Noodles, egg, dry, unenriched | 1,18 |
| 21464 | Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed | 1,18 |
| 18073 | Bread, white, prepared from recipe, made with low fat (2%) milk | 1,18 |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D | 1,18 |
| 01202 | Milk, chocolate, fluid, commercial, reduced fat, with added calcium | 1,18 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17435 | Veal, shank, separable lean and fat, raw | 1,18 |
| 22943 | SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included) | 1,18 |
| 03090 | Babyfood, dinner, macaroni and cheese, junior | 1,18 |
| 18048 | Bread, raisin, enriched, toasted | 1,18 |
| 22951 | SWANSON, Chicken A La King | 1,17 |
| 43125 | Beans, liquid from stewed kidney beans | 1,17 |
| 23421 | Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled | 1,17 |
| 15105 | Fish, sturgeon, mixed species, cooked, dry heat | 1,17 |
| 06117 | CAMPBELL'S Red and White, Bean with Bacon Soup, condensed | 1,17 |
| 15189 | Fish, bluefish, cooked, dry heat | 1,17 |
| 43299 | Soybean, curd cheese | 1,17 |
| 05654 | Ostrich, tenderloin, raw | 1,17 |
| 06046 | Soup, cream of onion, canned, condensed | 1,17 |
| 10110 | Pork, fresh, variety meats and by-products, liver, raw | 1,17 |
| 10851 | HORMEL, Cure 81 Ham | 1,17 |
| 17113 | Veal, rib, separable lean only, raw | 1,17 |
| 03841 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed | 1,17 |
| 03953 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed | 1,17 |
| 28321 | Rolls, hamburger, whole grain white, calcium-fortified | 1,16 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 1,16 |
| 15223 | Fish, whitefish, mixed species, cooked, dry heat | 1,16 |
| 18275 | Muffins, blueberry, dry mix | 1,16 |
| 19097 | Sherbet, orange | 1,16 |
| 08639 | Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar | 1,16 |
| 10103 | Pork, fresh, variety meats and by-products, heart, raw | 1,16 |
| 10853 | HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored | 1,16 |
| 10890 | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated | 1,16 |
| 21321 | McDONALD'S, Hotcakes (plain) | 1,16 |
| 23616 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw | 1,16 |
| 31023 | Sweet Potatoes, french fried, frozen as packaged, salt added in processing | 1,16 |
| 08686 | Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar | 1,16 |
| 16132 | Tofu, salted and fermented (fuyu) | 1,16 |
| 16432 | Tofu, salted and fermented (fuyu), prepared with calcium sulfate | 1,16 |
| 16076 | Lupins, mature seeds, raw | 1,16 |
| 06222 | PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve | 1,15 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06225 | PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve | 1,15 |
| 23426 | Beef, New Zealand, imported, manufacturing beef, cooked, boiled | 1,15 |
| 23636 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw | 1,15 |
| 06116 | Gravy, beef, canned, ready-to-serve | 1,15 |
| 22959 | Macaroni and cheese dinner with dry sauce mix, boxed, uncooked | 1,15 |
| 23329 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 1,15 |
| 06726 | Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand | 1,15 |
| 15114 | Fish, trout, mixed species, raw | 1,15 |
| 23653 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw | 1,15 |
| 17347 | Game meat, deer, tenderloin, separable lean only, cooked, broiled | 1,14 |
| 16137 | Hummus, home prepared | 1,14 |
| 06004 | Soup, bean with pork, canned, condensed | 1,14 |
| 17279 | Veal, shank (fore and hind), separable lean only, cooked, braised | 1,14 |
| 22955 | Egg rolls, vegetable, frozen, prepared | 1,14 |
| 23361 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,14 |
| 23364 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 1,14 |
| 23380 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 1,14 |
| 10933 | Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted | 1,13 |
| 16059 | Chili with beans, canned | 1,13 |
| 05168 | Turkey, whole, meat only, cooked, roasted | 1,13 |
| 06038 | CAMPBELL'S, Cheddar Cheese Soup, condensed | 1,13 |
| 08627 | Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond | 1,13 |
| 43410 | Chicken, meatless, breaded, fried | 1,13 |
| 23262 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,12 |
| 05694 | Turkey, dark meat from whole, meat only, with added solution, raw | 1,12 |
| 05719 | Turkey, back, from whole bird, meat only, with added solution, raw | 1,12 |
| 05724 | Turkey, drumstick, from whole bird, meat only, with added solution, raw | 1,12 |
| 05726 | Turkey, thigh, from whole bird, meat only, with added solution, raw | 1,12 |
| 14634 | Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D | 1,12 |
| 18170 | Cookies, fig bars | 1,12 |
| 17107 | Veal, loin, separable lean only, raw | 1,12 |
| 05042 | Chicken, broilers or fryers, light meat, meat only, cooked, stewed | 1,12 |
| 06010 | Soup, cream of celery, canned, condensed | 1,12 |
| 08218 | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins | 1,12 |
| 23354 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,12 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 23357 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,12 |
| 15024 | Fish, drum, freshwater, raw | 1,12 |
| 03096 | Babyfood, vegetable, green beans and potatoes | 1,12 |
| 06243 | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk | 1,12 |
| 15055 | Fish, mullet, striped, raw | 1,12 |
| 08692 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry | 1,11 |
| 17131 | Veal, shoulder, blade chop, separable lean only, raw | 1,11 |
| 18156 | Cookies, fudge, cake-type (includes trolley cakes) | 1,11 |
| 14067 | Beverages, Protein powder soy based | 1,11 |
| 18032 | Bread, irish soda, prepared from recipe | 1,11 |
| 08120 | Cereals, oats, regular and quick, not fortified, dry | 1,11 |
| 08402 | Cereals, QUAKER, Quick Oats, Dry | 1,11 |
| 08640 | Cereals, QUAKER, Instant Oatmeal Organic, Regular | 1,11 |
| 10875 | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil | 1,11 |
| 10887 | Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated | 1,10 |
| 25025 | Snacks, soy chips or crisps, salted | 1,10 |
| 36401 | Restaurant, Latino, chicken and rice, entree, prepared | 1,10 |
| 18979 | KASHI, H2H Woven Wheat Cracker, Original | 1,10 |
| 18981 | KASHI, TLC, Fire Roasted Vegetable Crackers | 1,10 |
| 18982 | KASHI, H2H Woven Wheat Cracker, Roasted Garlic | 1,10 |
| 19439 | Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar | 1,10 |
| 22122 | MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared | 1,10 |
| 28378 | PEPPERIDGE FARM, Cinnamon Swirl Bread | 1,10 |
| 28379 | PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread | 1,10 |
| 36632 | CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce | 1,10 |
| 42297 | Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch | 1,10 |
| 03072 | Babyfood, dinner, chicken stew, toddler | 1,10 |
| 03304 | Babyfood, dinner, potatoes with cheese and ham, toddler | 1,10 |
| 05043 | Chicken, broilers or fryers, dark meat, meat only, raw | 1,10 |
| 05155 | Pheasant, breast, meat only, raw | 1,10 |
| 08001 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original | 1,10 |
| 08002 | Cereals ready-to-eat, POST, ALPHA-BITS | 1,10 |
| 08202 | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond | 1,10 |
| 08263 | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS | 1,10 |
| 08267 | Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS | 1,10 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08569 | Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry | 1,10 |
| 08587 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola | 1,10 |
| 08588 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal | 1,10 |
| 08589 | Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble | 1,10 |
| 08703 | Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry | 1,10 |
| 16275 | Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm | 1,10 |
| 16552 | MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared | 1,10 |
| 16584 | GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared | 1,10 |
| 16616 | MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared | 1,10 |
| 04142 | Salad dressing, french dressing, reduced fat, without salt | 1,10 |
| 10938 | Pork, cured, ham, slice, bone-in, separable lean only, unheated | 1,10 |
| 10040 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw | 1,10 |
| 05096 | Chicken, broilers or fryers, dark meat, thigh, meat only, raw | 1,10 |
| 06230 | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk | 1,09 |
| 05705 | Turkey, whole, meat only, with added solution, roasted | 1,09 |
| 10113 | Pork, fresh, variety meats and by-products, lungs, cooked, braised | 1,09 |
| 42128 | Turkey ham, sliced, extra lean, prepackaged or deli-sliced | 1,09 |
| 15020 | Fish, croaker, Atlantic, raw | 1,09 |
| 01224 | Protein supplement, milk based, Muscle Milk Light, powder | 1,09 |
| 18283 | Muffins, oat bran | 1,09 |
| 23360 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,09 |
| 23363 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 1,09 |
| 10928 | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted | 1,08 |
| 15008 | Fish, carp, raw | 1,08 |
| 11360 | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated | 1,08 |
| 23326 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 1,08 |
| 18414 | Bread, raisin, unenriched | 1,08 |
| 18047 | Bread, raisin, enriched | 1,08 |
| 05118 | Chicken, roasting, light meat, meat only, cooked, roasted | 1,08 |
| 08449 | Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry | 1,08 |
| 10943 | Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted | 1,08 |
| 15211 | Fish, salmon, chum, cooked, dry heat | 1,08 |
| 10958 | Pork, Shoulder breast, boneless, separable lean and fat, raw | 1,07 |
| 05716 | Turkey, retail parts, drumstick, meat only, raw | 1,07 |
| 06049 | Soup, pea, green, canned, condensed | 1,07 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08228 | Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry | 1,07 |
| 17193 | Veal, variety meats and by-products, heart, raw | 1,07 |
| 18949 | Crackers, whole-wheat, reduced fat | 1,07 |
| 19123 | Puddings, chocolate, dry mix, instant, prepared with 2% milk | 1,06 |
| 03005 | Babyfood, meat, veal, strained | 1,06 |
| 03059 | Babyfood, dinner, vegetables and bacon, strained | 1,06 |
| 36630 | Restaurant, Italian, spaghetti with meat sauce | 1,06 |
| 36021 | APPLEBEE'S, coleslaw | 1,06 |
| 08450 | Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry | 1,06 |
| 10118 | Pork, fresh, variety meats and by-products, spleen, cooked, braised | 1,06 |
| 17206 | Lamb, variety meats and by-products, lungs, cooked, braised | 1,06 |
| 17276 | Veal, shank (fore and hind), separable lean and fat, raw | 1,06 |
| 05174 | Turkey, gizzard, all classes, cooked, simmered | 1,06 |
| 10926 | Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil | 1,05 |
| 15247 | Fish, salmon, coho, wild, cooked, dry heat | 1,05 |
| 19444 | Snacks, tortilla chips, low fat, made with olestra, nacho cheese | 1,05 |
| 43285 | Eggs, scrambled, frozen mixture | 1,05 |
| 10948 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw | 1,05 |
| 05080 | Chicken, broilers or fryers, leg, meat only, raw | 1,05 |
| 10852 | HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored | 1,05 |
| 17181 | Game meat, rabbit, wild, cooked, stewed | 1,05 |
| 17391 | Lamb, New Zealand, imported, hind-shank, separable lean only, raw | 1,05 |
| 03214 | Babyfood, cookies, arrowroot | 1,05 |
| 10891 | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated | 1,05 |
| 18110 | Cake, fruitcake, commercially prepared | 1,05 |
| 20111 | Noodles, egg, spinach, enriched, dry | 1,05 |
| 36414 | Restaurant, Latino, tripe soup | 1,04 |
| 10951 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw | 1,04 |
| 10883 | Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted | 1,04 |
| 08691 | Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry | 1,04 |
| 06448 | Soup, oyster stew, canned, prepared with equal volume water | 1,04 |
| 10106 | Pork, fresh, variety meats and by-products, kidneys, raw | 1,04 |
| 19038 | Snacks, popcorn, caramel-coated, with peanuts | 1,04 |
| 10998 | Canadian bacon, cooked, pan-fried | 1,04 |
| 17337 | Game meat, bison, top round, separable lean only, 1" steak, raw | 1,04 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15106 | Fish, sturgeon, mixed species, smoked | 1,04 |
| 17341 | Game meat, elk, round, separable lean only, cooked, broiled | 1,04 |
| 17358 | Lamb, New Zealand, imported, brains, raw | 1,04 |
| 42150 | Babyfood, apple yogurt dessert, strained | 1,03 |
| 13000 | Beef, grass-fed, strip steaks, lean only, raw | 1,03 |
| 17214 | Lamb, variety meats and by-products, spleen, raw | 1,03 |
| 17348 | Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled | 1,03 |
| 21140 | Side dishes, potato salad | 1,03 |
| 21245 | WENDY'S, Ultimate Chicken Grill Sandwich | 1,03 |
| 21425 | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed | 1,03 |
| 11841 | Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated | 1,03 |
| 23597 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 1,03 |
| 33876 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed | 1,03 |
| 08642 | Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar | 1,03 |
| 16112 | Miso | 1,02 |
| 36631 | OLIVE GARDEN, spaghetti with meat sauce | 1,02 |
| 05621 | Emu, ground, raw | 1,02 |
| 06250 | CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve | 1,02 |
| 06384 | CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup | 1,02 |
| 06438 | CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup | 1,02 |
| 15231 | Mollusks, oyster, Pacific, cooked, moist heat | 1,02 |
| 23445 | Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw | 1,02 |
| 28382 | PEPPERIDGE FARM, Farmhouse Oatmeal Bread | 1,02 |
| 03991 | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA | 1,02 |
| 19212 | Puddings, vanilla, dry mix, regular, prepared with 2% milk | 1,02 |
| 19201 | Puddings, vanilla, ready-to-eat | 1,02 |
| 19122 | Puddings, banana, dry mix, regular, prepared with 2% milk | 1,02 |
| 18641 | INTERSTATE BRANDS CORP, WONDER Hamburger Rolls | 1,01 |
| 05749 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled | 1,01 |
| 10961 | Pork, Shoulder petite tender, boneless, separable lean and fat, raw | 1,01 |
| 17425 | Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled | 1,01 |
| 23362 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,01 |
| 23365 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 1,01 |
| 03245 | Babyfood, dessert, custard pudding, vanilla, strained | 1,01 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 1,01 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05746 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised | 1,01 |
| 10893 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated | 1,01 |
| 15093 | Fish, seatrout, mixed species, raw | 1,01 |
| 36417 | Restaurant, Mexican, spanish rice | 1,00 |
| 06968 | Soup, cream of mushroom, low sodium, ready-to-serve, canned | 1,00 |
| 10900 | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated | 1,00 |
| 11402 | Potatoes, french fried, all types, salt added in processing, frozen, unprepared | 1,00 |
| 06977 | Gravy, meat or poultry, low sodium, prepared | 1,00 |
| 03986 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed | 1,00 |
| 15187 | Fish, bass, freshwater, mixed species, cooked, dry heat | 1,00 |
| 18375 | Leavening agents, yeast, baker's, active dry | 1,00 |
| 19886 | Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone | 1,00 |
| 19874 | Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added | 1,00 |
| 22981 | KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree | 1,00 |
| 28387 | PEPPERIDGE FARM, Hamburger Buns w/Sesame | 1,00 |
| 42261 | Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal | 1,00 |
| 43495 | Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY | 1,00 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 1,00 |
| 05656 | Ostrich, tip trimmed, cooked | 1,00 |
| 08239 | Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry | 1,00 |
| 08261 | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 1,00 |
| 08271 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS | 1,00 |
| 08387 | Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat | 1,00 |
| 08554 | Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch | 1,00 |
| 08560 | Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax | 1,00 |
| 08568 | Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry | 1,00 |
| 08579 | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH | 1,00 |
| 08582 | Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER | 1,00 |
| 08593 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate | 1,00 |
| 08637 | Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch | 1,00 |
| 08671 | Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS | 1,00 |
| 08679 | Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH | 1,00 |
| 08681 | Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch | 1,00 |
| 13333 | Beef, variety meats and by-products, spleen, raw | 1,00 |
| 16517 | WORTHINGTON Prime Stakes, canned, unprepared | 1,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16538 | MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared | 1,00 |
| 16585 | GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared | 1,00 |
| 16594 | MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared | 1,00 |
| 16609 | MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared | 1,00 |
| 17195 | Lamb, variety meats and by-products, kidneys, raw | 1,00 |
| 17373 | Lamb, New Zealand, imported, heart, raw | 1,00 |
| 05747 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled | 0,99 |
| 22940 | SPAGHETTIOS, SpaghettiOs with Meatballs | 0,99 |
| 22941 | SPAGHETTIOS, SpaghettiOs with Sliced Franks | 0,99 |
| 22942 | SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs | 0,99 |
| 19209 | Puddings, tapioca, dry mix, prepared with 2% milk | 0,99 |
| 19269 | Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C | 0,99 |
| 19274 | Snacks, fruit leather, pieces, with vitamin C | 0,99 |
| 02013 | Spices, coriander seed | 0,99 |
| 05310 | Chicken, cornish game hens, meat only, cooked, roasted | 0,99 |
| 17158 | Game meat, boar, wild, raw | 0,99 |
| 18065 | Bread, wheat, toasted | 0,99 |
| 21313 | McDONALD'S, Hot Mustard Sauce | 0,99 |
| 06589 | CAMPBELL'S Soup on the Go, Creamy Broccoli Soup | 0,98 |
| 06594 | CAMPBELL'S Soup on the Go, New England Clam Chowder | 0,98 |
| 19871 | Frozen novelties, No Sugar Added, FUDGSICLE pops | 0,98 |
| 44061 | Puddings, chocolate flavor, low calorie, instant, dry mix | 0,98 |
| 18339 | Popovers, dry mix, enriched | 0,98 |
| 18447 | Popovers, dry mix, unenriched | 0,98 |
| 10934 | Pork, cured, ham, shank, bone-in, separable lean only, unheated | 0,98 |
| 15076 | Fish, salmon, Atlantic, wild, raw | 0,98 |
| 05293 | Turkey breast, pre-basted, meat and skin, cooked, roasted | 0,98 |
| 06549 | Soup, chicken mushroom, canned, prepared with equal volume water | 0,98 |
| 28381 | PEPPERIDGE FARM, Farmhouse Hearty White Bread | 0,98 |
| 03212 | Babyfood, cereal, rice, with bananas, dry | 0,98 |
| 36603 | Restaurant, Chinese, beef and vegetables | 0,98 |
| 28337 | Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca | 0,98 |
| 03989 | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed | 0,98 |
| 08272 | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH | 0,98 |
| 10882 | Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil | 0,98 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 19204 | Puddings, lemon, dry mix, instant, prepared with 2% milk | 0,97 |
| 21125 | Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato | 0,97 |
| 21210 | SUBWAY, roast beef sub on white bread with lettuce and tomato | 0,97 |
| 19121 | Puddings, banana, dry mix, instant, prepared with 2% milk | 0,97 |
| 22966 | SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open | 0,97 |
| 15212 | Fish, salmon, pink, cooked, dry heat | 0,97 |
| 05129 | Chicken, stewing, light meat, meat only, raw | 0,97 |
| 06053 | Soup, cream of potato, canned, condensed | 0,97 |
| 08220 | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins | 0,97 |
| 17145 | Game meat, antelope, cooked, roasted | 0,97 |
| 42280 | Frankfurter, meat and poultry, low fat | 0,97 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 0,97 |
| 19064 | Candies, TOOTSIE ROLL, chocolate-flavor roll | 0,97 |
| 19076 | Candies, caramels, chocolate-flavor roll | 0,97 |
| 19208 | Puddings, rice, dry mix, prepared with 2% milk | 0,97 |
| 22915 | Lasagna with meat & sauce, low-fat, frozen entree | 0,97 |
| 22954 | Egg rolls, chicken, refrigerated, heated | 0,96 |
| 06043 | Soup, cream of mushroom, canned, condensed | 0,96 |
| 18349 | Rolls, french | 0,96 |
| 19218 | Puddings, tapioca, ready-to-eat | 0,96 |
| 08204 | Cereals ready-to-eat, chocolate-flavored frosted puffed corn | 0,96 |
| 03046 | Babyfood, ravioli, cheese filled, with tomato sauce | 0,96 |
| 03211 | Babyfood, cereal, high protein, with apple and orange, dry | 0,96 |
| 03290 | Babyfood, carrots and beef, strained | 0,96 |
| 08451 | Cereals, QUAKER, Quick Oats with Iron, Dry | 0,96 |
| 10112 | Pork, fresh, variety meats and by-products, lungs, raw | 0,96 |
| 17197 | Veal, variety meats and by-products, kidneys, raw | 0,96 |
| 17217 | Veal, variety meats and by-products, spleen, cooked, braised | 0,96 |
| 28394 | PEPPERIDGE FARM, Hamburger Bun | 0,96 |
| 06030 | Soup, clam chowder, new england, canned, condensed | 0,96 |
| 11383 | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 0,96 |
| 05678 | Chicken, dark meat, drumstick, meat only, with added solution, raw | 0,95 |
| 06338 | CAMPBELL'S, Cream of Mushroom Soup, condensed | 0,95 |
| 05643 | Ostrich, fan, raw | 0,95 |
| 10927 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted | 0,95 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 13350 | Beef, cured, dried | 0,95 |
| 17164 | Game meat, deer, raw | 0,95 |
| 05071 | Chicken, broilers or fryers, dark meat, drumstick, meat only, raw | 0,95 |
| 21490 | Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread | 0,95 |
| 15169 | Mollusks, oyster, eastern, wild, cooked, moist heat | 0,95 |
| 18036 | Bread, multi-grain, toasted (includes whole-grain) | 0,95 |
| 10014 | Pork, fresh, leg (ham), rump half, separable lean only, raw | 0,95 |
| 08435 | Cereals ready-to-eat, UNCLE SAM CEREAL | 0,95 |
| 17219 | Veal, variety meats and by-products, thymus, cooked, braised | 0,94 |
| 05105 | Chicken, broilers or fryers, wing, meat only, raw | 0,94 |
| 11842 | Potatoes, french fried, all types, salt not added in processing, frozen, as purchased | 0,94 |
| 15262 | Fish, tilapia, cooked, dry heat | 0,94 |
| 03047 | Babyfood, dinner, beef noodle, strained | 0,94 |
| 18400 | Crackers, matzo, egg and onion | 0,94 |
| 10884 | Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated | 0,93 |
| 11391 | Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil | 0,93 |
| 05119 | Chicken, roasting, dark meat, meat only, raw | 0,93 |
| 17169 | Game meat, goat, cooked, roasted | 0,93 |
| 22988 | KASHI, Pilaf, 7 Whole Grain, unprepared | 0,93 |
| 31024 | Sweet Potatoes, french fried, crosscut, frozen, unprepared | 0,93 |
| 05173 | Turkey, gizzard, all classes, raw | 0,93 |
| 11452 | Soybeans, mature seeds, sprouted, raw | 0,93 |
| 15077 | Fish, salmon, chinook, smoked | 0,93 |
| 15179 | Fish, salmon, chinook, smoked, (lox), regular | 0,93 |
| 08074 | Cereals ready-to-eat, RALSTON TASTEEOS | 0,93 |
| 08688 | Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber | 0,93 |
| 16173 | Frijoles rojos volteados (Refried beans, red, canned) | 0,93 |
| 15095 | Fish, shark, mixed species, raw | 0,92 |
| 05646 | Ostrich, inside strip, raw | 0,92 |
| 18076 | Bread, whole-wheat, commercially prepared, toasted | 0,92 |
| 18084 | Bread stuffing, cornbread, dry mix | 0,92 |
| 23444 | Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled | 0,92 |
| 28313 | Rolls, hamburger or hot dog, whole wheat | 0,92 |
| 23356 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0,92 |
| 23359 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 0,92 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17364 | Lamb, New Zealand, imported, kidney, cooked, soaked and fried | 0,92 |
| 16159 | Tofu, extra firm, prepared with nigari | 0,92 |
| 10018 | Pork, fresh, leg (ham), shank half, separable lean only, raw | 0,92 |
| 10931 | Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted | 0,92 |
| 18025 | Bread, cracked-wheat | 0,92 |
| 15005 | Fish, bluefish, raw | 0,92 |
| 15104 | Fish, sturgeon, mixed species, raw | 0,92 |
| 06009 | Soup, beef noodle, canned, condensed | 0,91 |
| 08216 | Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps | 0,91 |
| 17157 | Game meat, bison, separable lean only, cooked, roasted | 0,91 |
| 17208 | Veal, variety meats and by-products, lungs, cooked, braised | 0,91 |
| 01122 | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 0,91 |
| 01203 | Yogurt, fruit, lowfat, with low calorie sweetener | 0,91 |
| 01219 | Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D | 0,91 |
| 09194 | Olives, ripe, canned (jumbo-super colossal) | 0,91 |
| 07081 | Turkey breast, sliced, prepackaged | 0,91 |
| 10214 | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw | 0,91 |
| 15130 | Fish, whitefish, mixed species, raw | 0,91 |
| 12193 | Seeds, sisymbrium sp. seeds, whole, dried | 0,90 |
| 08305 | Cereals ready-to-eat, Post, Waffle Crisp | 0,90 |
| 08417 | Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry | 0,90 |
| 10130 | Canadian bacon, unprepared | 0,90 |
| 16531 | WORTHINGTON Prosage Links, frozen, unprepared | 0,90 |
| 16551 | MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared | 0,90 |
| 16593 | MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared | 0,90 |
| 16606 | MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared | 0,90 |
| 17119 | Veal, shoulder, whole (arm and blade), separable lean only, raw | 0,90 |
| 18505 | KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat | 0,90 |
| 18603 | GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry | 0,90 |
| 18974 | KASHI, TLC, Honey Sesame Crackers | 0,90 |
| 19706 | Puddings, banana, dry mix, regular, with added oil | 0,90 |
| 22123 | MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared | 0,90 |
| 22982 | KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree | 0,90 |
| 28017 | KASHI, TLC, Pita Crisps, Sea Salt | 0,90 |
| 28020 | KASHI, TLC, Pita Crisps, Zesty Salsa | 0,90 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28380 | PEPPERIDGE FARM, Whole Grain 15 Grain Bread | 0,90 |
| 28385 | PEPPERIDGE FARM, Jewish Rye Bread (Seedless) | 0,90 |
| 28386 | PEPPERIDGE FARM, Pumpernickel Bread | 0,90 |
| 28388 | PEPPERIDGE FARM, Deli Swirl Bread | 0,90 |
| 28395 | PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread | 0,90 |
| 28396 | PEPPERIDGE FARM, Whole Grain Oatmeal Bread | 0,90 |
| 05682 | Chicken, dark meat, thigh, meat only, with added solution, raw | 0,90 |
| 17268 | Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw | 0,90 |
| 19866 | Candies, soft fruit and nut squares | 0,90 |
| 23635 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw | 0,90 |
| 42141 | Cream substitute, liquid, light | 0,90 |
| 21316 | McDONALD'S, Tangy Honey Mustard Sauce | 0,90 |
| 15260 | Fish, salmon, pink, canned, drained solids | 0,90 |
| 03181 | Babyfood, cereal, barley, dry fortified | 0,89 |
| 18432 | Bread, white, commercially prepared, toasted, low sodium no salt | 0,89 |
| 08087 | Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS | 0,89 |
| 08277 | Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA | 0,89 |
| 08288 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal | 0,89 |
| 08352 | Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal | 0,89 |
| 08562 | Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry | 0,89 |
| 08590 | Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon | 0,89 |
| 08669 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares | 0,89 |
| 08670 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH | 0,89 |
| 08682 | Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter | 0,89 |
| 17205 | Lamb, variety meats and by-products, lungs, raw | 0,89 |
| 36044 | ON THE BORDER, Mexican rice | 0,89 |
| 08050 | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS | 0,88 |
| 17267 | Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw | 0,88 |
| 22247 | Macaroni and Cheese, canned entree | 0,88 |
| 23417 | Beef, New Zealand, imported, hind shin, separable lean only, raw | 0,88 |
| 28384 | PEPPERIDGE FARM, Farmhouse Sourdough Bread | 0,88 |
| 31030 | Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared | 0,88 |
| 06027 | Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve | 0,88 |
| 08124 | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry | 0,88 |
| 08215 | Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon | 0,88 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18973 | Focaccia, Italian flatbread, plain | 0,88 |
| 22957 | Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved | 0,88 |
| 23409 | Beef, New Zealand, imported, eye round, separable lean only, raw | 0,88 |
| 42204 | Rice cake, cracker (include hain mini rice cakes) | 0,88 |
| 03959 | Babyfood, mashed cheddar potatoes and broccoli, toddlers | 0,88 |
| 08632 | Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple | 0,87 |
| 10932 | Pork, cured, ham, rump, bone-in, separable lean only, unheated | 0,87 |
| 18078 | Bread, whole-wheat, prepared from recipe, toasted | 0,87 |
| 08214 | Cereals ready-to-eat, QUAKER, Oatmeal Squares | 0,87 |
| 28397 | Bread, multi-grain (includes whole-grain) | 0,87 |
| 21348 | McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette | 0,87 |
| 03053 | Babyfood, dinner, vegetables and beef, strained | 0,87 |
| 05159 | Quail, breast, meat only, raw | 0,87 |
| 05627 | Emu, full rump, cooked, broiled | 0,87 |
| 07938 | Ham, honey, smoked, cooked | 0,87 |
| 13323 | Beef, variety meats and by-products, kidneys, raw | 0,87 |
| 15113 | Fish, tilefish, cooked, dry heat | 0,87 |
| 21402 | McDONALD'S, Premium Grilled Chicken Classic Sandwich | 0,86 |
| 05000 | Chicken, broiler, rotisserie, BBQ, breast meat only | 0,86 |
| 15084 | Fish, salmon, pink, canned, total can contents | 0,86 |
| 05655 | Ostrich, tip trimmed, raw | 0,86 |
| 10117 | Pork, fresh, variety meats and by-products, spleen, raw | 0,86 |
| 13328 | Beef, variety meats and by-products, lungs, raw | 0,86 |
| 17090 | Veal, composite of trimmed retail cuts, separable lean only, raw | 0,86 |
| 28155 | KEEBLER, Waffle Bowls | 0,86 |
| 28156 | KEEBLER, Waffle Cones | 0,86 |
| 23415 | Beef, New Zealand, imported, variety meats and by-products, heart, raw | 0,86 |
| 18936 | Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk) | 0,86 |
| 03982 | Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed | 0,86 |
| 19433 | Tortilla chips, low fat, baked without fat | 0,85 |
| 19833 | Snacks, tortilla chips, low fat, unsalted | 0,85 |
| 05065 | Chicken, broilers or fryers, breast, meat only, cooked, stewed | 0,85 |
| 05286 | Turkey and gravy, frozen | 0,85 |
| 05309 | Chicken, cornish game hens, meat only, raw | 0,85 |
| 06406 | Soup, bean with frankfurters, canned, prepared with equal volume water | 0,85 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06416 | Soup, cream of chicken, canned, prepared with equal volume water | 0,85 |
| 07900 | Turkey, pork, and beef sausage, low fat, smoked | 0,85 |
| 15165 | Mollusks, mussel, blue, cooked, moist heat | 0,85 |
| 11403 | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 0,85 |
| 06324 | Gravy, CAMPBELL'S, beef, microwavable | 0,85 |
| 06326 | Gravy, CAMPBELL'S, turkey | 0,85 |
| 06997 | Gravy, CAMPBELL'S, beef | 0,85 |
| 43417 | Babyfood, meat, beef with vegetables, toddler | 0,85 |
| 03186 | Babyfood, cereal, mixed, with bananas, dry | 0,85 |
| 18081 | Bread stuffing, bread, dry mix | 0,84 |
| 04020 | Salad dressing, french dressing, reduced fat | 0,84 |
| 18350 | Rolls, hamburger or hotdog, plain | 0,84 |
| 01199 | Cream, half and half, fat free | 0,84 |
| 03189 | Babyfood, cereal, oatmeal, dry fortified | 0,84 |
| 15079 | Fish, salmon, chum, raw | 0,84 |
| 18055 | Bread, reduced-calorie, wheat | 0,84 |
| 28377 | PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns | 0,84 |
| 06487 | CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup | 0,84 |
| 08685 | Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal | 0,84 |
| 12099 | Nuts, chestnuts, european, dried, unpeeled | 0,84 |
| 18348 | Rolls, dinner, whole-wheat | 0,84 |
| 04021 | Salad dressing, italian dressing, commercial, reduced fat | 0,83 |
| 04686 | Salad dressing, honey mustard dressing, reduced calorie | 0,83 |
| 06332 | Gravy, CAMPBELL'S, turkey, microwavable | 0,83 |
| 08049 | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 0,83 |
| 03066 | Babyfood, dinner, vegetables and lamb, strained | 0,83 |
| 16136 | Winged beans, mature seeds, cooked, boiled, without salt | 0,82 |
| 16436 | Winged beans, mature seeds, cooked, boiled, with salt | 0,82 |
| 19184 | Puddings, chocolate, dry mix, instant | 0,82 |
| 18289 | Pancakes, plain, dry mix, complete (includes buttermilk) | 0,82 |
| 01241 | Ice cream sandwich, made with light ice cream, vanilla | 0,82 |
| 01242 | Ice cream sandwich, vanilla, light, no sugar added | 0,82 |
| 06001 | Soup, cream of asparagus, canned, condensed | 0,82 |
| 08353 | Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch | 0,82 |
| 11978 | Peppers, ancho, dried | 0,82 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 35234 | Piki bread, made from blue cornmeal (Hopi) | 0,82 |
| 21365 | McDONALD'S, Hotcakes (with 2 pats margarine & syrup) | 0,82 |
| 06242 | CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve | 0,82 |
| 06245 | CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve | 0,82 |
| 06545 | CAMPBELL'S Homestyle New England Clam Chowder | 0,82 |
| 06546 | CAMPBELL'S Homestyle Potato Broccoli Cheese Soup | 0,82 |
| 15085 | Fish, salmon, sockeye, raw | 0,81 |
| 11962 | Peppers, hot chile, sun-dried | 0,81 |
| 18416 | Bread, white, commercially prepared, low sodium, no salt | 0,81 |
| 01244 | Milk dessert bar, frozen, made from lowfat milk | 0,81 |
| 05653 | Ostrich, round, raw | 0,81 |
| 15083 | Fish, salmon, pink, raw | 0,81 |
| 08410 | Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry | 0,81 |
| 01119 | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce | 0,81 |
| 01220 | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D | 0,81 |
| 06214 | CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed | 0,81 |
| 06215 | CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed | 0,81 |
| 06218 | CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed | 0,81 |
| 06334 | CAMPBELL'S Red and White, Cream of Celery Soup, condensed | 0,81 |
| 06339 | CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed | 0,81 |
| 06355 | CAMPBELL'S Red and White, Golden Mushroom Soup, condensed | 0,81 |
| 17218 | Veal, variety meats and by-products, thymus, raw | 0,81 |
| 17426 | Veal, leg, top round, cap off, cutlet, boneless, raw | 0,80 |
| 31022 | Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil | 0,80 |
| 18133 | Cake, sponge, commercially prepared | 0,80 |
| 10094 | Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw | 0,80 |
| 01194 | KRAFT BREAKSTONE'S FREE Fat Free Sour Cream | 0,80 |
| 06226 | PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve | 0,80 |
| 06234 | PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve | 0,80 |
| 08017 | Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP | 0,80 |
| 08245 | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin | 0,80 |
| 08386 | Cereals ready-to-eat, KASHI GOLEAN CRUNCH! | 0,80 |
| 08538 | Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters | 0,80 |
| 08544 | Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch | 0,80 |
| 08561 | Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry | 0,80 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08635 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar | 0,80 |
| 08710 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar | 0,80 |
| 08711 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch | 0,80 |
| 16505 | LOMA LINDA Swiss Stake with Gravy, canned, unprepared | 0,80 |
| 16557 | MORNINGSTAR FARMS Chik Patties, frozen, unprepared | 0,80 |
| 16561 | MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared | 0,80 |
| 16592 | MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared | 0,80 |
| 18506 | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat | 0,80 |
| 18567 | KRAFT, STOVE TOP Stuffing Mix Chicken Flavor | 0,80 |
| 22118 | MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared | 0,80 |
| 22991 | KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree | 0,80 |
| 28268 | KEEBLER, Sugar Cones | 0,80 |
| 42240 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds | 0,80 |
| 42265 | Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan | 0,80 |
| 43245 | Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits | 0,80 |
| 11671 | Potatoes, o'brien, home-prepared | 0,80 |
| 18077 | Bread, whole-wheat, prepared from recipe | 0,80 |
| 05632 | Emu, top loin, cooked, broiled | 0,79 |
| 06041 | CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed | 0,79 |
| 06082 | CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed | 0,79 |
| 06146 | CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed | 0,79 |
| 06354 | CAMPBELL'S Red and White, French Onion Soup, condensed | 0,79 |
| 27014 | CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed | 0,79 |
| 08130 | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry | 0,79 |
| 16126 | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 0,79 |
| 17377 | Lamb, New Zealand, imported, testes, raw | 0,79 |
| 15126 | Fish, tuna, white, canned in water, drained solids | 0,79 |
| 15186 | Fish, tuna, white, canned in water, without salt, drained solids | 0,79 |
| 10962 | Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised | 0,79 |
| 22522 | Pasta with Sliced Franks in Tomato Sauce, canned entree | 0,79 |
| 19705 | Puddings, banana, dry mix, instant, with added oil | 0,79 |
| 05011 | Chicken, broilers or fryers, meat only, raw | 0,79 |
| 06015 | Soup, chicken, canned, chunky, ready-to-serve | 0,79 |
| 17207 | Veal, variety meats and by-products, lungs, raw | 0,79 |
| 11450 | Soybeans, green, raw | 0,79 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05717 | Turkey, retail parts, thigh, meat only, raw | 0,78 |
| 06361 | CAMPBELL'S Red and White, Green Pea Soup, condensed | 0,78 |
| 14066 | Beverages, Protein powder whey based | 0,78 |
| 28346 | Waffles, gluten-free, frozen, ready-to-heat | 0,78 |
| 28375 | VAN'S, Gluten Free, Totally Original Waffles | 0,78 |
| 15003 | Fish, bass, fresh water, mixed species, raw | 0,78 |
| 17137 | Veal, sirloin, separable lean only, raw | 0,78 |
| 18066 | Bread, wheat bran | 0,78 |
| 08680 | Cereals, oats, instant, fortified, maple and brown sugar, dry | 0,78 |
| 05342 | Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning | 0,78 |
| 22929 | SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce | 0,77 |
| 18384 | Bread, rice bran, toasted | 0,77 |
| 05649 | Ostrich, outside strip, raw | 0,77 |
| 08210 | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE | 0,77 |
| 08363 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran | 0,77 |
| 08549 | Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal | 0,77 |
| 36626 | Restaurant, Chinese, chicken and vegetables | 0,77 |
| 03185 | Babyfood, cereal, mixed, dry fortified | 0,77 |
| 06224 | PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve | 0,77 |
| 06228 | PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve | 0,77 |
| 06240 | PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve | 0,77 |
| 01059 | Milk, filled, fluid, with blend of hydrogenated vegetable oils | 0,77 |
| 08128 | Cereals, oats, instant, fortified, with cinnamon and spice, dry | 0,77 |
| 10886 | Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated | 0,77 |
| 17367 | Lamb, New Zealand, imported, kidney, raw | 0,77 |
| 11676 | Radish seeds, sprouted, raw | 0,77 |
| 03287 | Babyfood, dinner, beef noodle, junior | 0,77 |
| 18038 | Bread, oat bran, toasted | 0,77 |
| 08628 | Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal | 0,76 |
| 03061 | Babyfood, dinner, vegetables and ham, strained | 0,76 |
| 18040 | Bread, oatmeal, toasted | 0,76 |
| 18070 | Bread, white, commercially prepared, toasted | 0,76 |
| 36407 | Restaurant, Latino, Arroz con grandules (rice and pigeonpeas) | 0,76 |
| 01231 | Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener | 0,75 |
| 15129 | Fish, turbot, european, raw | 0,75 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 17140 | Veal, cubed for stew (leg and shoulder), separable lean only, raw | 0,75 |
| 19812 | Snacks, pretzels, hard, plain, made with unenriched flour, salted | 0,75 |
| 19813 | Snacks, pretzels, hard, plain, made with unenriched flour, unsalted | 0,75 |
| 19814 | Snacks, pretzels, hard, plain, made with enriched flour, unsalted | 0,75 |
| 15265 | Fish, Salmon, pink, canned, drained solids, without skin and bones | 0,75 |
| 17269 | Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw | 0,75 |
| 04023 | Salad dressing, thousand island dressing, reduced fat | 0,75 |
| 19916 | Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup | 0,75 |
| 22999 | Rice and vermicelli mix, chicken flavor, prepared with 80% margarine | 0,75 |
| 28312 | Rolls, hamburger or hot dog, wheat/cracked wheat | 0,75 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 0,74 |
| 15233 | Fish, catfish, channel, wild, cooked, dry heat | 0,74 |
| 32003 | Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine | 0,74 |
| 01120 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce | 0,74 |
| 01216 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D | 0,74 |
| 20008 | Buckwheat | 0,74 |
| 11451 | Soybeans, green, cooked, boiled, drained, without salt | 0,74 |
| 11853 | Soybeans, green, cooked, boiled, drained, with salt | 0,74 |
| 17144 | Game meat, antelope, raw | 0,74 |
| 18385 | Bread, wheat germ, toasted | 0,74 |
| 17278 | Veal, shank (fore and hind), separable lean only, raw | 0,74 |
| 11412 | Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated | 0,74 |
| 12100 | Nuts, chestnuts, european, dried, peeled | 0,74 |
| 15244 | Mollusks, oyster, eastern, wild, cooked, dry heat | 0,74 |
| 18258 | English muffins, plain, enriched, with ca prop (includes sourdough) | 0,73 |
| 35145 | Stew, hominy with mutton (Navajo) | 0,73 |
| 02016 | Spices, dill seed | 0,73 |
| 05295 | Turkey roast, boneless, frozen, seasoned, light and dark meat, raw | 0,73 |
| 08493 | Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS | 0,73 |
| 17216 | Veal, variety meats and by-products, spleen, raw | 0,73 |
| 36405 | Restaurant, Latino, Arroz con frijoles negros (rice and black beans) | 0,73 |
| 12158 | Seeds, breadfruit seeds, roasted | 0,73 |
| 01084 | Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D | 0,73 |
| 10892 | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated | 0,73 |
| 21154 | Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato | 0,72 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 21211 | SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato | 0,72 |
| 20031 | Millet, raw | 0,72 |
| 22899 | Ravioli, cheese-filled, canned | 0,72 |
| 15010 | Fish, catfish, channel, wild, raw | 0,72 |
| 15115 | Fish, trout, rainbow, wild, raw | 0,72 |
| 18075 | Bread, whole-wheat, commercially prepared | 0,72 |
| 08138 | Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS | 0,72 |
| 05663 | Ground turkey, fat free, pan-broiled crumbles | 0,72 |
| 28304 | Waffles, whole wheat, lowfat, frozen, ready-to-heat | 0,71 |
| 43241 | Cereals ready-to-eat, FAMILIA | 0,71 |
| 16281 | HOUSE FOODS Premium Firm Tofu | 0,71 |
| 17168 | Goat, raw | 0,71 |
| 18059 | Bread, rice bran | 0,71 |
| 06359 | Soup, tomato, canned, prepared with equal volume low fat (2%) milk | 0,71 |
| 20035 | Quinoa, uncooked | 0,71 |
| 43432 | Babyfood, dinner, macaroni, beef and tomato sauce, toddler | 0,70 |
| 43450 | Frozen novelties, juice type, juice with cream | 0,70 |
| 43021 | Salad dressing, caesar, low calorie | 0,70 |
| 18039 | Bread, oatmeal | 0,70 |
| 03127 | Babyfood, vegetables, spinach, creamed, strained | 0,70 |
| 27043 | Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve | 0,70 |
| 18978 | KASHI, Blueberry Waffle | 0,70 |
| 18980 | KASHI, Original Waffle | 0,70 |
| 22987 | KASHI Pesto Pasta Primavera, frozen, unprepared | 0,70 |
| 28390 | PEPPERIDGE FARM, Light Style Wheat Bread | 0,70 |
| 01190 | KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product | 0,70 |
| 05645 | Ostrich, inside leg, cooked | 0,70 |
| 06451 | Soup, pea, split with ham, canned, prepared with equal volume water | 0,70 |
| 08602 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan | 0,70 |
| 08655 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches | 0,70 |
| 08666 | Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS | 0,70 |
| 16212 | Vitasoy USA, Organic Nasoya Extra Firm Tofu | 0,70 |
| 16504 | LOMA LINDA Tender Rounds with Gravy, canned, unprepared | 0,70 |
| 16508 | LOMA LINDA Tender Bits, canned, unprepared | 0,70 |
| 16510 | WORTHINGTON Chili, canned, unprepared | 0,70 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16515 | WORTHINGTON Low Fat Veja-Links, canned, unprepared | 0,70 |
| 16546 | MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared | 0,70 |
| 16602 | MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared | 0,70 |
| 17167 | Game meat, elk, cooked, roasted | 0,70 |
| 09041 | Bananas, dehydrated, or banana powder | 0,70 |
| 10060 | Pork, fresh, loin, tenderloin, separable lean only, raw | 0,70 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 0,70 |
| 01121 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 0,70 |
| 01217 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D | 0,70 |
| 18037 | Bread, oat bran | 0,70 |
| 18064 | Bread, wheat | 0,70 |
| 32017 | Pasta mix, Italian four cheese lasagna, unprepared | 0,70 |
| 03067 | Babyfood, dinner, vegetables and lamb, junior | 0,70 |
| 18616 | MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch | 0,70 |
| 25024 | Pretzels, soft, unsalted | 0,70 |
| 43109 | Pretzels, soft | 0,70 |
| 16157 | Chickpea flour (besan) | 0,69 |
| 16427 | Tofu, raw, regular, prepared with calcium sulfate | 0,69 |
| 06025 | Soup, chicken vegetable, canned, condensed | 0,69 |
| 08583 | Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS | 0,69 |
| 08592 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut | 0,69 |
| 08668 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds | 0,69 |
| 17156 | Game meat, bison, separable lean only, raw | 0,69 |
| 17180 | Game meat, rabbit, wild, raw | 0,69 |
| 11411 | Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased | 0,69 |
| 18061 | Bread, rye, toasted | 0,69 |
| 08349 | Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES | 0,69 |
| 19186 | Desserts, apple crisp, prepared-from-recipe | 0,68 |
| 01115 | Whey, sweet, dried | 0,68 |
| 05187 | Turkey from whole, dark meat, meat only, raw | 0,68 |
| 05740 | Turkey, thigh, from whole bird, meat only, raw | 0,68 |
| 15246 | Mollusks, oyster, eastern, farmed, cooked, dry heat | 0,68 |
| 32001 | Rice and vermicelli mix, beef flavor, prepared with 80% margarine | 0,68 |
| 02006 | Spices, cardamom | 0,68 |
| 06071 | Soup, vegetable beef, canned, condensed | 0,68 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06391 | CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup | 0,68 |
| 20011 | Buckwheat flour, whole-groat | 0,68 |
| 06738 | Soup, split pea with ham and bacon, canned, condensed, single brand | 0,68 |
| 05664 | Ground turkey, fat free, patties, broiled | 0,67 |
| 19014 | Snacks, fruit leather, rolls | 0,67 |
| 10944 | Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw | 0,67 |
| 16047 | Beans, yellow, mature seeds, raw | 0,67 |
| 05024 | Chicken, gizzard, all classes, cooked, simmered | 0,67 |
| 05113 | Chicken, roasting, meat only, raw | 0,67 |
| 18631 | PILLSBURY, Crusty French Loaf, refrigerated dough | 0,67 |
| 43483 | Millet, puffed | 0,67 |
| 18171 | Cookies, fortune | 0,67 |
| 20014 | Corn grain, yellow | 0,67 |
| 20314 | Corn grain, white | 0,67 |
| 22984 | KASHI, Chicken Pasta Pomodoro, Frozen Entree | 0,66 |
| 05711 | Turkey, retail parts, breast, meat only, cooked, roasted | 0,66 |
| 06050 | Soup, pea, split with ham, canned, chunky, ready-to-serve | 0,66 |
| 06596 | CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup | 0,66 |
| 27061 | Gravy, HEINZ Home Style, classic chicken | 0,66 |
| 15092 | Fish, sea bass, mixed species, cooked, dry heat | 0,66 |
| 05629 | Emu, inside drums, cooked, broiled | 0,65 |
| 15188 | Fish, bass, striped, cooked, dry heat | 0,65 |
| 17125 | Veal, shoulder, arm, separable lean only, raw | 0,65 |
| 19013 | Snacks, fruit leather, pieces | 0,65 |
| 01016 | Cheese, cottage, lowfat, 1% milkfat | 0,64 |
| 01186 | Cheese, cream, fat free | 0,64 |
| 25059 | Snacks, brown rice chips | 0,64 |
| 19052 | Snacks, rice cakes, brown rice, buckwheat | 0,64 |
| 19817 | Snacks, rice cakes, brown rice, buckwheat, unsalted | 0,64 |
| 42235 | Cheese, cottage, lowfat, 1% milkfat, lactose reduced | 0,64 |
| 43570 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted | 0,64 |
| 05152 | Guinea hen, meat only, raw | 0,64 |
| 06444 | Soup, mushroom with beef stock, canned, prepared with equal volume water | 0,64 |
| 08501 | Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES | 0,64 |
| 15090 | Fish, scup, raw | 0,64 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 03184 | Babyfood, cereal, whole wheat, with apples, dry fortified | 0,64 |
| 06119 | Gravy, chicken, canned or bottled, ready-to-serve | 0,64 |
| 08132 | Cereals, oats, instant, fortified, with raisins and spice, dry | 0,64 |
| 17428 | Veal, shank, separable lean only, raw | 0,64 |
| 19034 | Snacks, popcorn, air-popped | 0,64 |
| 06461 | Soup, tomato beef with noodle, canned, prepared with equal volume water | 0,64 |
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D | 0,63 |
| 01175 | Milk, fluid, 1% fat, without added vitamin A and vitamin D | 0,63 |
| 36620 | Restaurant, Chinese, shrimp and vegetables | 0,63 |
| 43352 | Cheese, cottage, lowfat, 1% milkfat, no sodium added | 0,63 |
| 15170 | Mollusks, oyster, eastern, canned | 0,63 |
| 16103 | Refried beans, canned, traditional style (includes USDA commodity) | 0,63 |
| 16403 | Refried beans, canned, traditional, reduced sodium | 0,63 |
| 08676 | Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS | 0,63 |
| 14164 | Beverages, chocolate malt powder, prepared with 1% milk, fortified | 0,63 |
| 18967 | Bread, white wheat | 0,63 |
| 19413 | Snacks, rice cakes, brown rice, corn | 0,63 |
| 20077 | Wheat bran, crude | 0,63 |
| 28338 | Bread, gluten-free, white, made with tapioca starch and brown rice flour | 0,63 |
| 28371 | UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread | 0,63 |
| 42153 | Salad dressing, blue or roquefort cheese dressing, light | 0,63 |
| 06018 | Soup, chunky chicken noodle, canned, ready-to-serve | 0,63 |
| 11555 | Tomato products, canned, sauce, with herbs and cheese | 0,63 |
| 02032 | Spices, pepper, white | 0,63 |
| 18060 | Bread, rye | 0,63 |
| 21156 | Fast foods, submarine sandwich, ham on white bread with lettuce and tomato | 0,63 |
| 21209 | SUBWAY, black forest ham sub on white bread with lettuce and tomato | 0,63 |
| 12003 | Seeds, breadfruit seeds, boiled | 0,62 |
| 02005 | Spices, caraway seed | 0,62 |
| 06039 | Soup, minestrone, canned, chunky, ready-to-serve | 0,62 |
| 06125 | Gravy, turkey, canned, ready-to-serve | 0,62 |
| 08656 | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes | 0,62 |
| 08675 | Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds | 0,62 |
| 11212 | Edamame, frozen, prepared | 0,62 |
| 42236 | Cereals ready-to-eat, frosted oat cereal with marshmallows | 0,62 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18345 | Rolls, dinner, oat bran | 0,62 |
| 43396 | Cheese, cottage, lowfat, 1% milkfat, with vegetables | 0,62 |
| 22949 | SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included) | 0,62 |
| 11453 | Soybeans, mature seeds, sprouted, cooked, steamed | 0,62 |
| 11923 | Soybeans, mature seeds, sprouted, cooked, steamed, with salt | 0,62 |
| 23423 | Beef, New Zealand, imported, variety meats and by-products, kidney, raw | 0,62 |
| 06969 | Potato soup, instant, dry mix | 0,61 |
| 06241 | CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve | 0,61 |
| 06252 | CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve | 0,61 |
| 06399 | CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup | 0,61 |
| 06541 | CAMPBELL'S Homestyle Italian-Style Wedding Soup | 0,61 |
| 03197 | Babyfood, cereal, with egg yolks, strained | 0,61 |
| 03198 | Babyfood, cereal, with egg yolks, junior | 0,61 |
| 05648 | Ostrich, outside leg, raw | 0,61 |
| 06547 | Soup, beef mushroom, canned, prepared with equal volume water | 0,61 |
| 20067 | Sorghum grain | 0,61 |
| 42285 | Babyfood, cereal, brown rice, dry, instant | 0,61 |
| 05111 | Canada Goose, breast meat, skinless, raw | 0,61 |
| 15097 | Fish, sheepshead, raw | 0,61 |
| 06426 | Soup, chili beef, canned, prepared with equal volume water | 0,61 |
| 18353 | Rolls, hard (includes kaiser) | 0,61 |
| 18346 | Rolls, dinner, rye | 0,60 |
| 08436 | Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry | 0,60 |
| 16065 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork | 0,60 |
| 01083 | Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D | 0,60 |
| 06999 | Gravy, CAMPBELL'S, chicken | 0,60 |
| 14236 | Beverages, coffee substitute, cereal grain beverage, powder | 0,60 |
| 16056 | Chickpeas (garbanzo beans, bengal gram), mature seeds, raw | 0,60 |
| 06731 | Soup, bean with bacon, condensed, single brand | 0,60 |
| 04014 | Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing | 0,60 |
| 04022 | Salad dressing, russian dressing, low calorie | 0,60 |
| 05644 | Ostrich, inside leg, raw | 0,60 |
| 05708 | Turkey, retail parts, breast, meat only, with added solution, raw | 0,60 |
| 06446 | Soup, cream of onion, canned, prepared with equal volume water | 0,60 |
| 08077 | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL | 0,60 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08192 | Cereals ready-to-eat, POST SELECTS Blueberry Morning | 0,60 |
| 08270 | Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA | 0,60 |
| 08274 | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX | 0,60 |
| 08286 | Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX | 0,60 |
| 08513 | Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS | 0,60 |
| 08567 | Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets | 0,60 |
| 08586 | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX | 0,60 |
| 08595 | Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX | 0,60 |
| 08610 | Cereals ready-to-eat, KASHI Honey Sunshine | 0,60 |
| 08615 | Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes | 0,60 |
| 08633 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches | 0,60 |
| 08647 | Cereals ready-to-eat, KASHI INDIGO MORNING | 0,60 |
| 08648 | Cereals ready-to-eat, KASHI Simply Maize | 0,60 |
| 08662 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries | 0,60 |
| 08665 | Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches | 0,60 |
| 08684 | Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's | 0,60 |
| 08706 | Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal | 0,60 |
| 16273 | Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm | 0,60 |
| 16276 | Vitasoy USA Azumaya, Extra Firm Tofu | 0,60 |
| 16560 | MORNINGSTAR FARMS Corn Dog, frozen, unprepared | 0,60 |
| 16615 | MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared | 0,60 |
| 17161 | Game meat, buffalo, water, cooked, roasted | 0,60 |
| 22986 | KASHI Mayan Harvest Bake, frozen, unprepared | 0,60 |
| 22990 | KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree | 0,60 |
| 28391 | PEPPERIDGE FARM, Seeded Jewish Rye Bread | 0,60 |
| 42193 | Salad Dressing, mayonnaise-like, fat-free | 0,60 |
| 16009 | Beans, baked, canned, with pork | 0,60 |
| 18051 | Bread, reduced-calorie, oatmeal | 0,60 |
| 06974 | Soup, vegetable chicken, canned, prepared with water, low sodium | 0,60 |
| 42131 | Milk dessert, frozen, milk-fat free, chocolate | 0,60 |
| 03068 | Babyfood, dinner, chicken noodle, strained | 0,60 |
| 15274 | Fish, trout, brook, raw, New York State | 0,60 |
| 05186 | Turkey, all classes, light meat, cooked, roasted | 0,59 |
| 05220 | Turkey, breast, from whole bird, meat only, roasted | 0,59 |
| 05228 | Turkey, wing, from whole bird, meat only, roasted | 0,59 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05697 | Turkey from whole, light meat, meat only, with added solution, cooked, roasted | 0,59 |
| 05718 | Turkey, breast, from whole bird, meat only, with added solution, roasted | 0,59 |
| 05720 | Turkey, back, from whole bird, meat only, with added solution, roasted | 0,59 |
| 05730 | Turkey, wing, from whole bird, meat only, with added solution, roasted | 0,59 |
| 05739 | Turkey, drumstick, from whole bird, meat only, roasted | 0,59 |
| 10885 | Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated | 0,59 |
| 11615 | Chives, freeze-dried | 0,59 |
| 20009 | Buckwheat groats, roasted, dry | 0,59 |
| 20036 | Rice, brown, long-grain, raw | 0,59 |
| 22948 | SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included) | 0,59 |
| 43214 | Butter replacement, without fat, powder | 0,59 |
| 02002 | Spices, anise seed | 0,59 |
| 08476 | Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS | 0,58 |
| 15261 | Fish, tilapia, raw | 0,58 |
| 01104 | Milk, chocolate, lowfat, with added vitamin A and vitamin D | 0,58 |
| 05624 | Emu, fan fillet, cooked, broiled | 0,58 |
| 14058 | Beverages, Whey protein powder isolate | 0,58 |
| 03052 | Babyfood, dinner, beef stew, toddler | 0,58 |
| 06410 | Soup, cream of celery, canned, prepared with equal volume water | 0,58 |
| 19416 | Snacks, rice cakes, brown rice, rye | 0,58 |
| 18263 | English muffins, raisin-cinnamon, toasted (includes apple-cinnamon) | 0,58 |
| 15100 | Fish, smelt, rainbow, cooked, dry heat | 0,58 |
| 15217 | Fish, sucker, white, cooked, dry heat | 0,58 |
| 05316 | Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled | 0,58 |
| 21139 | Fast foods, potato, mashed | 0,58 |
| 08048 | Cereals ready-to-eat, GENERAL MILLS, KIX | 0,58 |
| 43528 | Beverages, ABBOTT, ENSURE PLUS, ready-to-drink | 0,57 |
| 18272 | Ice cream cones, sugar, rolled-type | 0,57 |
| 03303 | Babyfood, dinner, sweet potatoes and chicken, strained | 0,57 |
| 14632 | Beverages, Meal supplement drink, canned, peanut flavor | 0,57 |
| 19051 | Snacks, rice cracker brown rice, plain | 0,57 |
| 19806 | Snacks, popcorn, air-popped (Unsalted) | 0,57 |
| 19816 | Snacks, rice cakes, brown rice, plain, unsalted | 0,57 |
| 21152 | SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato | 0,57 |
| 21153 | Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato | 0,57 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06175 | Sauce, hoisin, ready-to-serve | 0,57 |
| 07961 | Chicken breast, deli, rotisserie seasoned, sliced, prepackaged | 0,56 |
| 05062 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw | 0,56 |
| 06219 | CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed | 0,56 |
| 19050 | Snacks, pretzels, hard, whole-wheat including both salted and unsalted | 0,56 |
| 19414 | Snacks, rice cakes, brown rice, multigrain | 0,56 |
| 19818 | Snacks, rice cakes, brown rice, multigrain, unsalted | 0,56 |
| 43205 | Beverage, instant breakfast powder, chocolate, not reconstituted | 0,56 |
| 06404 | Soup, bean with pork, canned, prepared with equal volume water | 0,56 |
| 20090 | Rice flour, brown | 0,56 |
| 06070 | Soup, chunky beef, canned, ready-to-serve | 0,55 |
| 08491 | Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S | 0,55 |
| 18057 | Bread, reduced-calorie, white | 0,55 |
| 01088 | Milk, buttermilk, fluid, cultured, lowfat | 0,55 |
| 18218 | Crackers, matzo, egg | 0,55 |
| 03226 | Babyfood, dessert, fruit pudding, orange, strained | 0,54 |
| 05314 | Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw | 0,54 |
| 03050 | Babyfood, dinner, spaghetti and tomato and meat, junior | 0,54 |
| 20016 | Corn flour, whole-grain, yellow | 0,54 |
| 20316 | Corn flour, whole-grain, white | 0,54 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 0,54 |
| 16060 | Cowpeas, catjang, mature seeds, raw | 0,54 |
| 14045 | Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan | 0,54 |
| 17184 | Game meat, squirrel, cooked, roasted | 0,54 |
| 18262 | English muffins, raisin-cinnamon (includes apple-cinnamon) | 0,54 |
| 19053 | Snacks, rice cakes, brown rice, sesame seed | 0,54 |
| 19092 | Candies, TWIZZLERS NIBS CHERRY BITS | 0,54 |
| 19819 | Snacks, rice cakes, brown rice, sesame seed, unsalted | 0,54 |
| 36602 | Restaurant, Chinese, fried rice, without meat | 0,54 |
| 05696 | Turkey from whole, light meat, meat only, with added solution, raw | 0,54 |
| 05721 | Turkey, breast, from whole bird, meat only, with added solution, raw | 0,54 |
| 05729 | Turkey, wing, from whole bird, meat only, with added solution, raw | 0,54 |
| 20040 | Rice, brown, medium-grain, raw | 0,54 |
| 20647 | Millet flour | 0,54 |
| 36413 | Restaurant, Latino, black bean soup | 0,54 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05704 | Turkey, whole, meat only, with added solution, raw | 0,54 |
| 08643 | Cereals ready-to-eat, GENERAL MILLS, Honey KIX | 0,54 |
| 16127 | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 0,53 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 0,53 |
| 20017 | Corn flour, masa, enriched, white | 0,53 |
| 20019 | Corn flour, masa, unenriched, white | 0,53 |
| 20317 | Corn flour, yellow, masa, enriched | 0,53 |
| 22946 | SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included) | 0,53 |
| 22947 | SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included) | 0,53 |
| 06182 | Soup, cream of mushroom, canned, condensed, reduced sodium | 0,53 |
| 17099 | Veal, leg (top round), separable lean only, raw | 0,53 |
| 17166 | Game meat, elk, raw | 0,53 |
| 18050 | Bread, reduced-calorie, oat bran, toasted | 0,53 |
| 27065 | Dip, bean, original flavor | 0,53 |
| 27068 | Dip, FRITO'S, bean, original flavor | 0,53 |
| 02023 | Spices, marjoram, dried | 0,53 |
| 05023 | Chicken, gizzard, all classes, raw | 0,53 |
| 08045 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS | 0,53 |
| 18029 | Bread, french or vienna (includes sourdough) | 0,53 |
| 20648 | Sorghum flour, whole-grain | 0,53 |
| 21463 | Yogurt parfait, lowfat, with fruit and granola | 0,52 |
| 06449 | Soup, pea, green, canned, prepared with equal volume water | 0,52 |
| 06965 | Soup, pea, low sodium, prepared with equal volume water | 0,52 |
| 10963 | Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw | 0,52 |
| 11660 | Tomatoes, red, ripe, cooked, stewed | 0,52 |
| 15151 | Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) | 0,52 |
| 06064 | Soup, turkey, chunky, canned, ready-to-serve | 0,52 |
| 06309 | CAMPBELL'S, Chicken with Rice Soup, condensed | 0,52 |
| 14181 | Beverages, chocolate syrup | 0,52 |
| 42119 | Babyfood, banana juice with low fat yogurt | 0,52 |
| 42120 | Babyfood, mixed fruit juice with low fat yogurt | 0,52 |
| 43523 | Babyfood, mixed fruit yogurt, strained | 0,52 |
| 15091 | Fish, sea bass, mixed species, raw | 0,51 |
| 03298 | Babyfood, dinner, broccoli and chicken, junior | 0,51 |
| 15171 | Mollusks, oyster, Pacific, raw | 0,51 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18290 | Pancakes, plain, dry mix, complete, prepared | 0,51 |
| 15004 | Fish, bass, striped, raw | 0,51 |
| 20020 | Cornmeal, whole-grain, yellow | 0,50 |
| 20320 | Cornmeal, whole-grain, white | 0,50 |
| 21150 | SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce | 0,50 |
| 21151 | Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce | 0,50 |
| 42185 | Frozen yogurts, chocolate, nonfat milk, sweetened without sugar | 0,50 |
| 42205 | Cheese, pasteurized process, cheddar or American, fat-free | 0,50 |
| 43529 | Babyfood, rice and apples, dry | 0,50 |
| 36406 | Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans) | 0,50 |
| 18030 | Bread, french or vienna, toasted (includes sourdough) | 0,50 |
| 06180 | Soup, shark fin, restaurant-prepared | 0,50 |
| 03296 | Babyfood, dinner, turkey, rice, and vegetables, toddler | 0,50 |
| 06453 | Soup, cream of potato, canned, prepared with equal volume water | 0,50 |
| 06955 | Soup, cream of chicken, canned, condensed, reduced sodium | 0,50 |
| 07905 | Frankfurter, beef, pork, and turkey, fat free | 0,50 |
| 08005 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS | 0,50 |
| 08039 | Cereals ready-to-eat, POST, GRAPE-NUTS Flakes | 0,50 |
| 08057 | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX | 0,50 |
| 08064 | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 0,50 |
| 08068 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS | 0,50 |
| 08071 | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS | 0,50 |
| 08078 | Cereals ready-to-eat, GENERAL MILLS, TRIX | 0,50 |
| 08089 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES | 0,50 |
| 08243 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS | 0,50 |
| 08268 | Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY | 0,50 |
| 08273 | Cereals ready-to-eat, GENERAL MILLS, BOO BERRY | 0,50 |
| 08384 | Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size | 0,50 |
| 08390 | Cereals ready-to-eat, KASHI GOOD FRIENDS | 0,50 |
| 08471 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus | 0,50 |
| 08653 | Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free | 0,50 |
| 08674 | Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey | 0,50 |
| 08677 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry | 0,50 |
| 16213 | Vitasoy USA, Organic Nasoya Firm Tofu | 0,50 |
| 16271 | Vitasoy USA Organic Nasoya, Soft Tofu | 0,50 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16277 | Vitasoy USA Azumaya, Firm Tofu | 0,50 |
| 16502 | LOMA LINDA Low Fat Big Franks, canned, unprepared | 0,50 |
| 16523 | WORTHINGTON Vegetarian Burger, canned, unprepared | 0,50 |
| 16565 | MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared | 0,50 |
| 22120 | MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared | 0,50 |
| 22121 | MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared | 0,50 |
| 22997 | KASHI, Tuscan Veggie Bake, Frozen Entree | 0,50 |
| 42286 | Babyfood, green beans and turkey, strained | 0,50 |
| 01091 | Milk, dry, nonfat, regular, without added vitamin A and vitamin D | 0,50 |
| 01154 | Milk, dry, nonfat, regular, with added vitamin A and vitamin D | 0,50 |
| 43218 | Cereals ready-to-eat, ALPEN | 0,50 |
| 03073 | Babyfood, dinner, vegetables chicken, strained | 0,50 |
| 43441 | Rolls, pumpernickel | 0,50 |
| 42157 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free | 0,49 |
| 10876 | Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted | 0,49 |
| 06482 | CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup | 0,49 |
| 06590 | CAMPBELL'S Soup on the Go, Creamy Chicken Soup | 0,49 |
| 06592 | CAMPBELL'S Soup on the Go, Creamy Tomato Soup | 0,49 |
| 03199 | Babyfood, cereal, with eggs, strained | 0,49 |
| 36623 | Restaurant, Chinese, chicken chow mein | 0,49 |
| 01235 | Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener | 0,49 |
| 22945 | SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included) | 0,49 |
| 05662 | Ground turkey, fat free, raw | 0,49 |
| 03044 | Babyfood, dinner, macaroni and tomato and beef, strained | 0,49 |
| 03085 | Babyfood, dinner, vegetables and turkey, junior | 0,48 |
| 03062 | Babyfood, dinner, vegetables and ham, junior | 0,48 |
| 20095 | Pasta, fresh-refrigerated, spinach, as purchased | 0,48 |
| 20004 | Barley, hulled | 0,48 |
| 20042 | Rice, brown, parboiled, dry, UNCLE BEN'S | 0,48 |
| 18045 | Bread, pumpernickel, toasted | 0,48 |
| 02018 | Spices, fennel seed | 0,48 |
| 06733 | Soup, beef with vegetables and barley, canned, condensed, single brand | 0,48 |
| 08060 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 0,48 |
| 16279 | HOUSE FOODS Premium Soft Tofu | 0,48 |
| 19036 | Snacks, popcorn, cakes | 0,48 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 28347 | Pancakes, gluten-free, frozen, ready-to-heat | 0,48 |
| 28374 | VAN'S, Gluten Free, Totally Original Pancakes | 0,48 |
| 42237 | Cereals ready-to-eat, WEETABIX whole grain cereal | 0,48 |
| 20023 | Cornmeal, yellow, self-rising, bolted, plain, enriched | 0,48 |
| 20323 | Cornmeal, white, self-rising, bolted, plain, enriched | 0,48 |
| 21155 | Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato | 0,48 |
| 21207 | SUBWAY, turkey breast sub on white bread with lettuce and tomato | 0,48 |
| 15167 | Mollusks, oyster, eastern, wild, raw | 0,47 |
| 06443 | Soup, cream of mushroom, canned, prepared with equal volume water | 0,47 |
| 01155 | Milk, dry, nonfat, instant, without added vitamin A and vitamin D | 0,47 |
| 19891 | Frozen novelties, No Sugar Added CREAMSICLE Pops | 0,47 |
| 06430 | Soup, clam chowder, new england, canned, prepared with equal volume water | 0,47 |
| 15224 | Fish, wolffish, Atlantic, cooked, dry heat | 0,47 |
| 01092 | Milk, dry, nonfat, instant, with added vitamin A and vitamin D | 0,47 |
| 02049 | Thyme, fresh | 0,47 |
| 15200 | Fish, mackerel, king, cooked, dry heat | 0,46 |
| 36625 | Restaurant, Chinese, vegetable lo mein, without meat | 0,46 |
| 08388 | Cereals ready-to-eat, KASHI 7 Whole Grain Puffs | 0,46 |
| 15018 | Fish, cod, Atlantic, dried and salted | 0,46 |
| 11382 | Potatoes, mashed, dehydrated, granules with milk, dry form | 0,46 |
| 43373 | Babyfood, dinner, chicken and noodle with vegetables, toddler | 0,46 |
| 06152 | Sauce, pizza, canned, ready-to-serve | 0,46 |
| 17160 | Game meat, buffalo, water, raw | 0,46 |
| 05167 | Turkey, whole, meat only, raw | 0,46 |
| 05712 | Turkey, retail parts, wing, meat only, raw | 0,46 |
| 08065 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES | 0,46 |
| 06409 | Soup, beef noodle, canned, prepared with equal volume water | 0,46 |
| 12005 | Seeds, breadnut tree seeds, dried | 0,45 |
| 20076 | Wheat, durum | 0,45 |
| 18221 | Crackers, melba toast, rye (includes pumpernickel) | 0,45 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 0,45 |
| 03964 | Babyfood, fortified cereal bar, fruit filling | 0,45 |
| 15230 | Mollusks, octopus, common, cooked, moist heat | 0,45 |
| 15099 | Fish, smelt, rainbow, raw | 0,45 |
| 15107 | Fish, sucker, white, raw | 0,45 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 43537 | Babyfood, dessert, blueberry yogurt, strained | 0,45 |
| 04144 | Salad dressing, italian dressing, reduced fat, without salt | 0,45 |
| 08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES | 0,45 |
| 06037 | Soup, lentil with ham, canned, ready-to-serve | 0,45 |
| 08200 | Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry | 0,45 |
| 14044 | Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan | 0,45 |
| 31019 | Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry | 0,45 |
| 42192 | Salad dressing, blue or roquefort cheese dressing, fat-free | 0,45 |
| 20142 | Teff, uncooked | 0,45 |
| 05626 | Emu, full rump, raw | 0,45 |
| 04638 | Salad dressing, ranch dressing, fat-free | 0,45 |
| 11634 | Peppers, sweet, green, freeze-dried | 0,45 |
| 11931 | Peppers, sweet, red, freeze-dried | 0,45 |
| 18049 | Bread, reduced-calorie, oat bran | 0,44 |
| 18220 | Crackers, melba toast, plain | 0,44 |
| 18424 | Crackers, melba toast, plain, without salt | 0,44 |
| 22402 | Beef macaroni with tomato sauce, frozen entree, reduced fat | 0,44 |
| 32010 | Pasta mix, Italian lasagna, unprepared | 0,44 |
| 15245 | Mollusks, oyster, eastern, farmed, raw | 0,44 |
| 15028 | Fish, flatfish (flounder and sole species), raw | 0,44 |
| 15112 | Fish, tilefish, raw | 0,44 |
| 05039 | Chicken, broilers or fryers, light meat, meat only, raw | 0,44 |
| 06040 | Soup, minestrone, canned, condensed | 0,44 |
| 18295 | Pancakes, buckwheat, dry mix, incomplete | 0,44 |
| 32009 | Pasta mix, classic beef, unprepared | 0,44 |
| 18044 | Bread, pumpernickel | 0,44 |
| 08504 | Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes | 0,43 |
| 19202 | Puddings, vanilla, dry mix, instant | 0,43 |
| 20080 | Wheat flour, whole-grain | 0,43 |
| 43393 | Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size | 0,43 |
| 06401 | Soup, cream of asparagus, canned, prepared with equal volume water | 0,43 |
| 08142 | Cereals, WHEATENA, dry | 0,43 |
| 20124 | Pasta, whole-wheat, dry | 0,43 |
| 05709 | Turkey, retail parts, breast, meat only, with added solution, cooked, roasted | 0,43 |
| 18651 | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes | 0,43 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11955 | Tomatoes, sun-dried | 0,43 |
| 12097 | Nuts, chestnuts, european, raw, unpeeled | 0,42 |
| 15164 | Mollusks, mussel, blue, raw | 0,42 |
| 08484 | Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal | 0,42 |
| 16106 | Meat extender | 0,42 |
| 14062 | Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink | 0,42 |
| 14163 | Beverages, chocolate drink, milk and soy based, ready to drink, fortified | 0,42 |
| 16122 | Soy protein isolate | 0,42 |
| 15013 | Fish, cisco, raw | 0,42 |
| 18003 | Bagels, egg | 0,42 |
| 06158 | Soup, tomato bisque, canned, condensed | 0,42 |
| 14041 | Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink | 0,42 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 0,42 |
| 15220 | Fish, tuna, skipjack, fresh, cooked, dry heat | 0,42 |
| 18629 | PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough | 0,42 |
| 19419 | Snacks, corn cakes | 0,42 |
| 19800 | Snacks, corn cakes, very low sodium | 0,42 |
| 20110 | Noodles, egg, enriched, cooked | 0,42 |
| 20310 | Noodles, egg, cooked, enriched, with added salt | 0,42 |
| 20410 | Noodles, egg, unenriched, cooked, without added salt | 0,42 |
| 20510 | Noodles, egg, cooked, unenriched, with added salt | 0,42 |
| 08452 | Cereals, QUAKER, Whole Wheat Natural Cereal, dry | 0,42 |
| 04624 | Margarine-like, vegetable oil spread, fat free, liquid, with salt | 0,42 |
| 12167 | Nuts, chestnuts, european, roasted | 0,41 |
| 08146 | Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat | 0,41 |
| 15030 | Fish, gefiltefish, commercial, sweet recipe | 0,41 |
| 03045 | Babyfood, dinner, macaroni and tomato and beef, junior | 0,41 |
| 08147 | Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit | 0,41 |
| 15206 | Fish, pout, ocean, cooked, dry heat | 0,41 |
| 18507 | KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles | 0,41 |
| 32014 | Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared | 0,41 |
| 20097 | Pasta, homemade, made with egg, cooked | 0,41 |
| 27007 | CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup | 0,41 |
| 27008 | CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup | 0,41 |
| 27009 | CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder | 0,41 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 27017 | CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup | 0,41 |
| 06244 | CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve | 0,41 |
| 06387 | CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup | 0,41 |
| 06388 | CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup | 0,41 |
| 06395 | CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup | 0,41 |
| 06403 | CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup | 0,41 |
| 06429 | CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder | 0,41 |
| 06434 | CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup | 0,41 |
| 06454 | CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans | 0,41 |
| 06457 | CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup | 0,41 |
| 06459 | CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup | 0,41 |
| 06503 | CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup | 0,41 |
| 06529 | CAMPBELL'S Homestyle Light New England Clam Chowder | 0,41 |
| 06543 | CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup | 0,41 |
| 06749 | Soup, beef and vegetables, canned, ready-to-serve | 0,41 |
| 16162 | MORI-NU, Tofu, silken, firm | 0,41 |
| 20140 | Spelt, uncooked | 0,41 |
| 08365 | Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal | 0,40 |
| 06209 | CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed | 0,40 |
| 06987 | HEALTHY REQUEST, Cream of Celery Soup, condensed | 0,40 |
| 06991 | HEALTHY REQUEST, Tomato Soup, condensed | 0,40 |
| 03215 | Babyfood, pretzels | 0,40 |
| 06022 | Soup, chicken rice, canned, chunky, ready-to-serve | 0,40 |
| 06063 | Soup, tomato rice, canned, condensed | 0,40 |
| 06121 | Gravy, mushroom, canned | 0,40 |
| 06195 | CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed | 0,40 |
| 06212 | CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed | 0,40 |
| 06232 | PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve | 0,40 |
| 06314 | Soup, HEALTHY CHOICE Chicken Noodle Soup, canned | 0,40 |
| 06985 | Gravy, HEINZ Home Style, savory beef | 0,40 |
| 06986 | CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed | 0,40 |
| 08019 | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX | 0,40 |
| 08028 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes | 0,40 |
| 08029 | Cereals ready-to-eat, POST Bran Flakes | 0,40 |
| 08031 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite | 0,40 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08035 | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS | 0,40 |
| 08067 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K | 0,40 |
| 08081 | Cereals ready-to-eat, POST, Honey Nut Shredded Wheat | 0,40 |
| 08082 | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX | 0,40 |
| 08148 | Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size | 0,40 |
| 08244 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal | 0,40 |
| 08247 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 0,40 |
| 08319 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size | 0,40 |
| 08380 | Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH | 0,40 |
| 08393 | Cereals ready-to-eat, KASHI GOLEAN | 0,40 |
| 08459 | Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size | 0,40 |
| 08542 | Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight | 0,40 |
| 08543 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond | 0,40 |
| 08591 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA | 0,40 |
| 08598 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS | 0,40 |
| 08599 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS | 0,40 |
| 08603 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry | 0,40 |
| 08608 | Cereals ready-to-eat, KASHI Berry Blossom | 0,40 |
| 08613 | Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey | 0,40 |
| 08617 | Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin | 0,40 |
| 08651 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares | 0,40 |
| 08673 | Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS | 0,40 |
| 08696 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond | 0,40 |
| 08705 | Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters | 0,40 |
| 08708 | Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin | 0,40 |
| 15133 | Fish, whiting, mixed species, cooked, dry heat | 0,40 |
| 16507 | LOMA LINDA Redi-Burger, canned, unprepared | 0,40 |
| 16514 | WORTHINGTON Low Fat Fri Chik, canned, unprepared | 0,40 |
| 16570 | GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared | 0,40 |
| 16581 | GARDENBURGER Flame Grilled Burger, frozen, unprepared | 0,40 |
| 16586 | GARDENBURGER Veggie Medley Burger, frozen, unprepared | 0,40 |
| 16588 | MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared | 0,40 |
| 16600 | MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared | 0,40 |
| 16601 | MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared | 0,40 |
| 20024 | Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched | 0,40 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 20324 | Cornmeal, white, self-rising, bolted, with wheat flour added, enriched | 0,40 |
| 22993 | KASHI Spicy Black Bean Enchilada, frozen, unprepared | 0,40 |
| 06003 | CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed | 0,40 |
| 06029 | CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed | 0,40 |
| 06047 | CAMPBELL'S Red and White, Chicken and Stars Soup, condensed | 0,40 |
| 06054 | CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed | 0,40 |
| 06058 | CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed | 0,40 |
| 06084 | CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed | 0,40 |
| 06145 | CAMPBELL'S Red and White, Beef Noodle Soup, condensed | 0,40 |
| 06311 | CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed | 0,40 |
| 06349 | CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed | 0,40 |
| 06350 | CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed | 0,40 |
| 06351 | CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed | 0,40 |
| 06357 | CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed | 0,40 |
| 06364 | CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed | 0,40 |
| 06365 | CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed | 0,40 |
| 06366 | CAMPBELL'S Red and White, Minestrone Soup, condensed | 0,40 |
| 06367 | CAMPBELL'S Red and White, New England Clam Chowder, condensed | 0,40 |
| 06374 | CAMPBELL'S Red and White, Vegetable Soup, condensed | 0,40 |
| 22937 | SPAGHETTIOS, SpaghettiOs in Meat Sauce | 0,40 |
| 27013 | CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed | 0,40 |
| 27015 | CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed | 0,40 |
| 27032 | CAMPBELL'S Red and White, Lentil Soup, condensed | 0,40 |
| 32018 | Spanish rice mix, dry mix, unprepared | 0,40 |
| 27044 | Soup, chicken noodle, reduced sodium, canned, ready-to-serve | 0,39 |
| 07209 | OSCAR MAYER, Chicken Breast (honey glazed) | 0,39 |
| 06380 | CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed | 0,39 |
| 18071 | Bread, white, prepared from recipe, made with nonfat dry milk | 0,39 |
| 19047 | Snacks, pretzels, hard, plain, salted | 0,39 |
| 06019 | Soup, chicken noodle, canned, condensed | 0,39 |
| 22998 | Rice and vermicelli mix, chicken flavor, unprepared | 0,39 |
| 06062 | CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed | 0,39 |
| 32021 | Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine) | 0,39 |
| 20061 | Rice flour, white, unenriched | 0,39 |
| 20131 | Barley malt flour | 0,39 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 05628 | Emu, inside drum, raw | 0,39 |
| 06221 | PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve | 0,38 |
| 06223 | PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve | 0,38 |
| 06233 | PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve | 0,38 |
| 06236 | PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve | 0,38 |
| 16200 | Campbell's Brown Sugar And Bacon Flavored Baked Beans | 0,38 |
| 16201 | Campbell's Pork and Beans | 0,38 |
| 19333 | Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water | 0,38 |
| 12128 | Nuts, ginkgo nuts, dried | 0,38 |
| 17183 | Game meat, squirrel, raw | 0,38 |
| 16144 | Lentils, pink or red, raw | 0,38 |
| 06415 | CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup | 0,38 |
| 05117 | Chicken, roasting, light meat, meat only, raw | 0,37 |
| 06023 | Soup, chicken with rice, canned, condensed | 0,37 |
| 06466 | Soup, turkey vegetable, canned, prepared with equal volume water | 0,37 |
| 15250 | Mollusks, conch, baked or broiled | 0,37 |
| 43539 | Babyfood, dessert, banana yogurt, strained | 0,37 |
| 18053 | Bread, reduced-calorie, rye | 0,37 |
| 20075 | Wheat, soft white | 0,37 |
| 32008 | Pasta mix, classic cheeseburger macaroni, unprepared | 0,37 |
| 20069 | Triticale | 0,37 |
| 36046 | Restaurant, Italian, spaghetti with pomodoro sauce (no meat) | 0,37 |
| 16014 | Beans, black, mature seeds, raw | 0,37 |
| 11345 | Pigeonpeas, immature seeds, cooked, boiled, drained, without salt | 0,36 |
| 11826 | Pigeonpeas, immature seeds, cooked, boiled, drained, with salt | 0,36 |
| 15102 | Fish, snapper, mixed species, cooked, dry heat | 0,36 |
| 15134 | Fish, wolffish, Atlantic, raw | 0,36 |
| 03019 | Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars | 0,36 |
| 16078 | Mothbeans, mature seeds, raw | 0,36 |
| 18383 | Bread, protein, (includes gluten), toasted | 0,36 |
| 18267 | English muffins, whole-wheat, toasted | 0,36 |
| 15049 | Fish, mackerel, king, raw | 0,36 |
| 08092 | Cereals, QUAKER, corn grits, instant, plain, dry | 0,36 |
| 20112 | Noodles, egg, spinach, enriched, cooked | 0,36 |
| 90560 | Mollusks, snail, raw | 0,36 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 36048 | CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce | 0,36 |
| 06072 | Soup, vegetable with beef broth, canned, condensed | 0,36 |
| 08025 | Cereals ready-to-eat, RALSTON CRISP RICE | 0,36 |
| 15098 | Fish, sheepshead, cooked, dry heat | 0,36 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 0,36 |
| 08389 | Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs | 0,36 |
| 15175 | Mollusks, squid, mixed species, raw | 0,36 |
| 16161 | MORI-NU, Tofu, silken, soft | 0,36 |
| 16024 | Beans, great northern, mature seeds, raw | 0,36 |
| 08509 | Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands) | 0,36 |
| 19445 | Snacks, potato chips, made from dried potatoes, fat-free, made with olestra | 0,36 |
| 11344 | Pigeonpeas, immature seeds, raw | 0,35 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 0,35 |
| 35140 | Bread, kneel down (Navajo) | 0,35 |
| 20135 | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry | 0,35 |
| 22401 | Spaghetti with meat sauce, frozen entree | 0,35 |
| 06042 | Soup, mushroom barley, canned, condensed | 0,35 |
| 06624 | SMART SOUP, Thai Coconut Curry | 0,35 |
| 06625 | SMART SOUP, Vietnamese Carrot Lemongrass | 0,35 |
| 04706 | Dressing, honey mustard, fat-free | 0,35 |
| 16080 | Mung beans, mature seeds, raw | 0,35 |
| 03297 | Babyfood, dinner, apples and chicken, strained | 0,35 |
| 15070 | Fish, rockfish, Pacific, mixed species, raw | 0,35 |
| 16077 | Lupins, mature seeds, cooked, boiled, without salt | 0,35 |
| 16377 | Lupins, mature seeds, cooked, boiled, with salt | 0,35 |
| 02010 | Spices, cinnamon, ground | 0,34 |
| 05710 | Turkey, retail parts, breast, meat only, raw | 0,34 |
| 01113 | Whey, acid, dried | 0,34 |
| 06734 | Soup, chicken with star-shaped pasta, canned, condensed, single brand | 0,34 |
| 06002 | Soup, black bean, canned, condensed | 0,34 |
| 06341 | CAMPBELL'S, Cream of Potato Soup, condensed | 0,34 |
| 06363 | CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed | 0,34 |
| 06471 | Soup, vegetable beef, canned, prepared with equal volume water | 0,34 |
| 08038 | Cereals ready-to-eat, POST, GRAPE-NUTS Cereal | 0,34 |
| 08090 | Cereals, corn grits, white, regular and quick, enriched, dry | 0,34 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15054 | Fish, monkfish, raw | 0,34 |
| 27034 | CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed | 0,34 |
| 16133 | Yardlong beans, mature seeds, raw | 0,34 |
| 28336 | Bread, gluten-free, white, made with potato extract, rice starch, and rice flour | 0,34 |
| 28366 | RUDI'S, Gluten-Free Bakery, Original Sandwich Bread | 0,34 |
| 03069 | Babyfood, dinner, chicken noodle, junior | 0,34 |
| 03082 | Babyfood, dinner, turkey and rice, strained | 0,34 |
| 18222 | Crackers, melba toast, wheat | 0,34 |
| 36047 | OLIVE GARDEN, spaghetti with pomodoro sauce | 0,34 |
| 11974 | Grape leaves, raw | 0,34 |
| 20130 | Barley flour or meal | 0,34 |
| 18266 | English muffins, whole-wheat | 0,33 |
| 18449 | Tortillas, ready-to-bake or -fry, corn, without added salt | 0,33 |
| 18043 | Bread, protein (includes gluten) | 0,33 |
| 16062 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw | 0,33 |
| 06988 | CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed | 0,33 |
| 12013 | Seeds, lotus seeds, dried | 0,33 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 0,33 |
| 16101 | Pigeon peas (red gram), mature seeds, raw | 0,33 |
| 27062 | Soup, beef barley, ready to serve | 0,33 |
| 20093 | Pasta, fresh-refrigerated, plain, as purchased | 0,33 |
| 20622 | Spaghetti, protein-fortified, dry, enriched (n x 6.25) | 0,33 |
| 14194 | Beverages, Cocoa mix, powder, prepared with water | 0,33 |
| 15123 | Fish, tuna, fresh, skipjack, raw | 0,33 |
| 16335 | Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water | 0,33 |
| 22958 | Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties) | 0,33 |
| 18352 | Rolls, hamburger or hotdog, reduced-calorie | 0,32 |
| 03246 | Babyfood, dessert, custard pudding, vanilla, junior | 0,32 |
| 08066 | Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice | 0,32 |
| 11167 | Corn, sweet, yellow, raw | 0,32 |
| 20653 | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry | 0,32 |
| 06172 | Soup, stock, chicken, home-prepared | 0,32 |
| 15059 | Fish, pout, ocean, raw | 0,32 |
| 12127 | Nuts, ginkgo nuts, raw | 0,32 |
| 15204 | Fish, pike, walleye, cooked, dry heat | 0,32 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 20070 | Triticale flour, whole-grain | 0,32 |
| 16019 | Beans, cranberry (roman), mature seeds, raw | 0,32 |
| 20071 | Wheat, hard red spring | 0,31 |
| 18265 | English muffins, wheat, toasted | 0,31 |
| 11975 | Grape leaves, canned | 0,31 |
| 04676 | Margarine-like spread, SMART BEAT Smart Squeeze | 0,31 |
| 06013 | Soup, chicken broth, canned, condensed | 0,31 |
| 08121 | Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt | 0,31 |
| 08177 | Cereals, MALT-O-MEAL, chocolate, dry | 0,31 |
| 08180 | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt | 0,31 |
| 08355 | Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS | 0,31 |
| 12008 | Seeds, cottonseed flour, low fat (glandless) | 0,31 |
| 31025 | Sweet Potato puffs, frozen, unprepared | 0,31 |
| 32000 | Rice and vermicelli mix, beef flavor, unprepared | 0,31 |
| 43369 | Beverages, Chocolate-flavored drink, whey and milk based | 0,31 |
| 12129 | Nuts, ginkgo nuts, canned | 0,31 |
| 15160 | Mollusks, clam, mixed species, canned, drained solids | 0,31 |
| 18639 | GEORGE WESTON BAKERIES, Thomas English Muffins | 0,31 |
| 32002 | Rice and vermicelli mix, rice pilaf flavor, unprepared | 0,31 |
| 06028 | Soup, clam chowder, manhattan, canned, condensed | 0,30 |
| 06748 | Soup, PROGRESSO, beef barley, traditional, ready to serve | 0,30 |
| 16045 | Beans, small white, mature seeds, raw | 0,30 |
| 15228 | Crustaceans, spiny lobster, mixed species, cooked, moist heat | 0,30 |
| 20650 | Sorghum flour, refined, unenriched | 0,30 |
| 03274 | Babyfood, dinner, vegetables and chicken, junior | 0,30 |
| 11657 | Potatoes, mashed, home-prepared, whole milk added | 0,30 |
| 06192 | Split pea soup, canned, reduced sodium, prepared with water or ready-to serve | 0,30 |
| 06730 | Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand | 0,30 |
| 06989 | CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed | 0,30 |
| 08144 | Cereals, whole wheat hot natural cereal, dry | 0,30 |
| 08191 | Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size | 0,30 |
| 08309 | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES | 0,30 |
| 08318 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal | 0,30 |
| 08383 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries | 0,30 |
| 08462 | Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat | 0,30 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08537 | Cereals ready-to-eat, KASHI 7 Whole Grain Flakes | 0,30 |
| 08695 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites | 0,30 |
| 08700 | Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed | 0,30 |
| 08701 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain | 0,30 |
| 08712 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries | 0,30 |
| 16163 | MORI-NU, Tofu, silken, extra firm | 0,30 |
| 16214 | Vitasoy USA, Organic Nasoya Silken Tofu | 0,30 |
| 16274 | Vitasoy USA Organic Nasoya, Tofu Plus Firm | 0,30 |
| 16278 | Vitasoy USA Azumaya, Silken Tofu | 0,30 |
| 16516 | WORTHINGTON Multigrain Cutlets, canned, unprepared | 0,30 |
| 16590 | MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared | 0,30 |
| 22980 | KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree | 0,30 |
| 22992 | KASHI, Southwest Style Chicken, Frozen Entree | 0,30 |
| 15032 | Fish, grouper, mixed species, cooked, dry heat | 0,30 |
| 08061 | Cereals ready-to-eat, POST Raisin Bran Cereal | 0,30 |
| 35143 | Tortilla, includes plain and from mutton sandwich (Navajo) | 0,30 |
| 04636 | Salad dressing, italian dressing, fat-free | 0,30 |
| 08576 | Cereals, CREAM OF WHEAT, 1 minute cook time, dry | 0,30 |
| 18006 | Bagels, cinnamon-raisin, toasted | 0,30 |
| 06193 | Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve | 0,29 |
| 20046 | Rice, white, long-grain, parboiled, enriched, dry | 0,29 |
| 20446 | Rice, white, long-grain, parboiled, unenriched, dry | 0,29 |
| 36624 | Restaurant, Chinese, vegetable chow mein, without meat or noodles | 0,29 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 0,29 |
| 15036 | Fish, halibut, Atlantic and Pacific, raw | 0,29 |
| 16040 | Beans, pink, mature seeds, raw | 0,29 |
| 08159 | Cereals, corn grits, yellow, regular and quick, enriched, dry | 0,29 |
| 15153 | Crustaceans, shrimp, mixed species, imitation, made from surimi | 0,29 |
| 17173 | Game meat, moose, cooked, roasted | 0,29 |
| 20091 | Pasta, gluten-free, corn, dry | 0,29 |
| 20073 | Wheat, soft red winter | 0,29 |
| 05185 | Turkey from whole, light meat, raw | 0,29 |
| 05219 | Turkey, breast, from whole bird, meat only, raw | 0,29 |
| 05227 | Turkey, wing, from whole bird, meat only, raw | 0,29 |
| 05738 | Turkey, drumstick, from whole bird, meat only, raw | 0,29 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16067 | Hyacinth beans, mature seeds, raw | 0,29 |
| 18264 | English muffins, wheat | 0,29 |
| 35239 | Tortilla, blue corn, Sakwavikaviki (Hopi) | 0,29 |
| 06498 | Soup, tomato, dry, mix, prepared with water | 0,29 |
| 15101 | Fish, snapper, mixed species, raw | 0,28 |
| 18021 | Bread, boston brown, canned | 0,28 |
| 08354 | Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS | 0,28 |
| 11624 | Leeks, (bulb and lower-leaf portion), freeze-dried | 0,28 |
| 16048 | Beans, yellow, mature seeds, cooked, boiled, without salt | 0,28 |
| 16348 | Beans, yellow, mature seeds, cooked, boiled, with salt | 0,28 |
| 03070 | Babyfood, dinner, chicken soup, strained | 0,28 |
| 20074 | Wheat, hard white | 0,28 |
| 20120 | Pasta, dry, enriched | 0,28 |
| 20420 | Pasta, dry, unenriched | 0,28 |
| 18005 | Bagels, cinnamon-raisin | 0,27 |
| 15057 | Fish, ocean perch, Atlantic, raw | 0,27 |
| 43497 | Jellyfish, dried, salted | 0,27 |
| 09139 | Guavas, common, raw | 0,27 |
| 09322 | Tamarinds, raw | 0,27 |
| 18236 | Cracker meal | 0,27 |
| 19375 | Frostings, glaze, prepared-from-recipe | 0,27 |
| 19708 | Puddings, lemon, dry mix, regular, with added oil, potassium, sodium | 0,27 |
| 09165 | Litchis, dried | 0,27 |
| 16057 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 0,27 |
| 16357 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt | 0,27 |
| 20063 | Rye flour, dark | 0,27 |
| 20072 | Wheat, hard red winter | 0,27 |
| 09228 | Papaya, canned, heavy syrup, drained | 0,27 |
| 16119 | Soy meal, defatted, raw | 0,27 |
| 12004 | Seeds, breadnut tree seeds, raw | 0,27 |
| 12094 | Nuts, chestnuts, chinese, dried | 0,27 |
| 28339 | Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour | 0,27 |
| 28372 | UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread | 0,27 |
| 43004 | Babyfood, dessert, banana pudding, strained | 0,26 |
| 18368 | Wonton wrappers (includes egg roll wrappers) | 0,26 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08507 | Cereals ready-to-eat, RALSTON Crispy Hexagons | 0,26 |
| 06966 | Soup, chicken noodle, low sodium, canned, prepared with equal volume water | 0,26 |
| 08290 | Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes | 0,26 |
| 15149 | Crustaceans, shrimp, mixed species, raw (may have been previously frozen) | 0,26 |
| 06017 | Soup, chicken gumbo, canned, condensed | 0,26 |
| 08508 | Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands) | 0,26 |
| 12101 | Nuts, chestnuts, european, boiled and steamed | 0,26 |
| 20037 | Rice, brown, long-grain, cooked | 0,26 |
| 18437 | English muffins, plain, enriched, without calcium propionate(includes sourdough) | 0,26 |
| 18438 | English muffins, plain, unenriched, with calcium propionate (includes sourdough) | 0,26 |
| 18439 | English muffins, plain, unenriched, without calcium propionate (includes sourdough) | 0,26 |
| 18451 | Cake, pound, commercially prepared, fat-free | 0,26 |
| 43476 | Tofu yogurt | 0,26 |
| 11683 | Carrot, dehydrated | 0,26 |
| 15199 | Fish, lingcod, cooked, dry heat | 0,26 |
| 16052 | Broadbeans (fava beans), mature seeds, raw | 0,25 |
| 43543 | Milk, imitation, non-soy | 0,25 |
| 08573 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry | 0,25 |
| 06190 | Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve | 0,25 |
| 03289 | Babyfood, apples with ham, strained | 0,25 |
| 18261 | English muffins, mixed-grain, toasted (includes granola) | 0,25 |
| 18291 | Pancakes, plain, dry mix, incomplete (includes buttermilk) | 0,25 |
| 19067 | Candies, TWIZZLERS CHERRY BITES | 0,25 |
| 02020 | Spices, garlic powder | 0,25 |
| 15064 | Fish, pike, walleye, raw | 0,25 |
| 11445 | Seaweed, kelp, raw | 0,25 |
| 15132 | Fish, whiting, mixed species, raw | 0,25 |
| 02064 | Peppermint, fresh | 0,25 |
| 09428 | Rowal, raw | 0,24 |
| 11172 | Corn, sweet, yellow, canned, whole kernel, drained solids | 0,24 |
| 18299 | Pancakes, whole-wheat, dry mix, incomplete | 0,24 |
| 18457 | Crackers, saltines, fat-free, low-sodium | 0,24 |
| 20005 | Barley, pearled, raw | 0,24 |
| 20083 | Wheat flour, white, bread, enriched | 0,24 |
| 20129 | Wheat flours, bread, unenriched | 0,24 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 18219 | Crackers, matzo, whole-wheat | 0,24 |
| 18374 | Leavening agents, yeast, baker's, compressed | 0,24 |
| 20125 | Pasta, whole-wheat, cooked | 0,24 |
| 15194 | Fish, mahimahi, cooked, dry heat | 0,24 |
| 06068 | Soup, vegetarian vegetable, canned, condensed | 0,24 |
| 08096 | Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry | 0,24 |
| 16166 | Soymilk, chocolate, unfortified | 0,24 |
| 16168 | Soymilk, chocolate, with added calcium, vitamins A and D | 0,24 |
| 19423 | Snacks, potato chips, fat-free, made with olestra | 0,24 |
| 22995 | KASHI, Sweet and Sour Chicken, Frozen Entree | 0,24 |
| 03083 | Babyfood, dinner, turkey and rice, junior | 0,24 |
| 20136 | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked | 0,24 |
| 03997 | Babyfood, Baby MUM MUM Rice Biscuits | 0,24 |
| 08102 | Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry | 0,24 |
| 11595 | Winged beans, immature seeds, raw | 0,24 |
| 15061 | Fish, perch, mixed species, cooked, dry heat | 0,24 |
| 15154 | Crustaceans, spiny lobster, mixed species, raw | 0,24 |
| 03084 | Babyfood, dinner, vegetables and turkey, strained | 0,24 |
| 14068 | Beverages, KELLOGG'S SPECIAL K20 protein powder | 0,24 |
| 15229 | Mollusks, cuttlefish, mixed species, cooked, moist heat | 0,24 |
| 12098 | Nuts, chestnuts, european, raw, peeled | 0,24 |
| 16042 | Beans, pinto, mature seeds, raw | 0,24 |
| 22965 | SPAGHETTIOS, SpaghettiOs Original, easy open | 0,24 |
| 20025 | Cornmeal, yellow, self-rising, degermed, enriched | 0,23 |
| 20325 | Cornmeal, white, self-rising, degermed, enriched | 0,23 |
| 02017 | Spices, dill weed, dried | 0,23 |
| 03194 | Babyfood, cereal, Rice, dry, fortified | 0,23 |
| 15184 | Fish, tuna, light, canned in water, without salt, drained solids | 0,23 |
| 02054 | Capers, canned | 0,23 |
| 09062 | Cherimoya, raw | 0,23 |
| 15031 | Fish, grouper, mixed species, raw | 0,23 |
| 01250 | Nutritional supplement for people with diabetes, liquid | 0,23 |
| 08104 | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry | 0,23 |
| 16016 | Beans, black turtle, mature seeds, raw | 0,23 |
| 20012 | Bulgur, dry | 0,23 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 20137 | Quinoa, cooked | 0,23 |
| 06739 | Soup, vegetable beef, canned, condensed, single brand | 0,23 |
| 16010 | Beans, baked, canned, with pork and sweet sauce | 0,23 |
| 01114 | Whey, sweet, fluid | 0,23 |
| 06440 | Soup, minestrone, canned, prepared with equal volume water | 0,23 |
| 06465 | Soup, turkey noodle, canned, prepared with equal volume water | 0,23 |
| 08444 | Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry | 0,23 |
| 18260 | English muffins, mixed-grain (includes granola) | 0,23 |
| 27001 | Soup, hot and sour, Chinese restaurant | 0,23 |
| 18002 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted | 0,23 |
| 08500 | Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS | 0,23 |
| 15131 | Fish, whitefish, mixed species, smoked | 0,23 |
| 08506 | Cereals ready-to-eat, RALSTON Corn Flakes | 0,23 |
| 15166 | Mollusks, octopus, common, raw | 0,23 |
| 08123 | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 0,23 |
| 18217 | Crackers, matzo, plain | 0,23 |
| 20126 | Spaghetti, spinach, dry | 0,23 |
| 11268 | Mushrooms, shiitake, dried | 0,22 |
| 08106 | Cereals, CREAM OF WHEAT, instant, dry | 0,22 |
| 15139 | Crustaceans, crab, blue, raw | 0,22 |
| 06742 | Soup, vegetable beef, microwavable, ready-to-serve, single brand | 0,22 |
| 14036 | Beverages, CYTOSPORT, Muscle Milk, ready-to-drink | 0,22 |
| 16022 | Beans, french, mature seeds, raw | 0,22 |
| 06558 | Soup, tomato bisque, canned, prepared with equal volume water | 0,22 |
| 07943 | Turkey, breast, smoked, lemon pepper flavor, 97% fat-free | 0,22 |
| 16250 | SILK Vanilla soy yogurt (family size) | 0,22 |
| 16252 | SILK Plain soy yogurt | 0,22 |
| 17172 | Game meat, moose, raw | 0,22 |
| 18406 | Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame) | 0,22 |
| 18407 | Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame) | 0,22 |
| 18408 | Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame) | 0,22 |
| 20022 | Cornmeal, degermed, enriched, yellow | 0,22 |
| 20322 | Cornmeal, degermed, enriched, white | 0,22 |
| 20422 | Cornmeal, degermed, unenriched, yellow | 0,22 |
| 20522 | Cornmeal, degermed, unenriched, white | 0,22 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 02026 | Spices, onion powder | 0,22 |
| 11177 | Corn, sweet, yellow, canned, drained solids, rinsed with tap water | 0,22 |
| 16049 | Beans, white, mature seeds, raw | 0,22 |
| 16074 | Lima beans, thin seeded (baby), mature seeds, raw | 0,22 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 0,22 |
| 11432 | Radishes, oriental, dried | 0,22 |
| 90240 | Mollusks, scallop, (bay and sea), cooked, steamed | 0,22 |
| 20096 | Pasta, fresh-refrigerated, spinach, cooked | 0,22 |
| 27060 | Soup, chunky vegetable, reduced sodium, canned, ready-to-serve | 0,22 |
| 15138 | Crustaceans, crab, alaska king, imitation, made from surimi | 0,22 |
| 15243 | Crustaceans, crayfish, mixed species, farmed, cooked, moist heat | 0,22 |
| 28341 | Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch | 0,22 |
| 28368 | SCHAR, Gluten-Free, Classic White Rolls | 0,22 |
| 02046 | Mustard, prepared, yellow | 0,21 |
| 16358 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids | 0,21 |
| 16359 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water | 0,21 |
| 20651 | Rice, brown, parboiled, cooked, UNCLE BENS | 0,21 |
| 43008 | Babyfood, dinner, chicken and rice | 0,21 |
| 15121 | Fish, tuna, light, canned in water, drained solids | 0,21 |
| 06045 | Soup, onion, canned, condensed | 0,21 |
| 16216 | Vitasoy USA, Vitasoy Organic Classic Original Soymilk | 0,21 |
| 15190 | Fish, burbot, cooked, dry heat | 0,21 |
| 14059 | Beverages, KELLOGG'S, SPECIAL K Protein Shake | 0,21 |
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 0,21 |
| 11418 | Pumpkin leaves, raw | 0,21 |
| 12022 | Seeds, safflower seed meal, partially defatted | 0,21 |
| 16222 | Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D | 0,21 |
| 16223 | Soymilk (All flavors), enhanced | 0,21 |
| 16235 | SILK Plain, soymilk | 0,21 |
| 16236 | SILK Vanilla, soymilk | 0,21 |
| 16237 | SILK Chocolate, soymilk | 0,21 |
| 16241 | SILK Plus Omega-3 DHA, soymilk | 0,21 |
| 16242 | SILK Plus for Bone Health, soymilk | 0,21 |
| 16243 | SILK Plus Fiber, soymilk | 0,21 |
| 16244 | SILK Unsweetened, soymilk | 0,21 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16245 | SILK Very Vanilla, soymilk | 0,21 |
| 16247 | SILK Chai, soymilk | 0,21 |
| 16248 | SILK Mocha, soymilk | 0,21 |
| 16249 | SILK Coffee, soymilk | 0,21 |
| 20087 | Wheat, sprouted | 0,21 |
| 15221 | Fish, tuna, yellowfin, fresh, cooked, dry heat | 0,20 |
| 16120 | Soymilk, original and vanilla, unfortified | 0,20 |
| 16139 | Soymilk, original and vanilla, with added calcium, vitamins A and D | 0,20 |
| 06251 | CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve | 0,20 |
| 06389 | CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup | 0,20 |
| 06396 | CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup | 0,20 |
| 06400 | CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup | 0,20 |
| 06408 | CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup | 0,20 |
| 06414 | CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup | 0,20 |
| 06418 | CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup | 0,20 |
| 06439 | CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup | 0,20 |
| 06441 | CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup | 0,20 |
| 06447 | CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup | 0,20 |
| 06462 | CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup | 0,20 |
| 06497 | CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup | 0,20 |
| 06502 | CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup | 0,20 |
| 06505 | CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup | 0,20 |
| 06537 | CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla | 0,20 |
| 06617 | CAMPBELL'S Homestyle Light Italian-Style Wedding Soup | 0,20 |
| 16058 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids | 0,20 |
| 16360 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium | 0,20 |
| 27018 | CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla | 0,20 |
| 27019 | CAMPBELL'S Homestyle Harvest Tomato with Basil Soup | 0,20 |
| 27021 | CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup | 0,20 |
| 20654 | Pasta, gluten-free, brown rice flour, cooked, TINKYADA | 0,20 |
| 06174 | Soup, stock, fish, home-prepared | 0,20 |
| 11216 | Ginger root, raw | 0,20 |
| 18297 | Pancakes, special dietary, dry mix | 0,20 |
| 05623 | Emu, fan fillet, raw | 0,20 |
| 12033 | Seeds, sesame flour, low-fat | 0,20 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 0,20 |
| 15141 | Crustaceans, crab, blue, canned | 0,20 |
| 06463 | Soup, tomato rice, canned, prepared with equal volume water | 0,20 |
| 08058 | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 | 0,20 |
| 08073 | Cereals ready-to-eat, POST, GOLDEN CRISP | 0,20 |
| 08157 | Cereals ready-to-eat, wheat, puffed, fortified | 0,20 |
| 08259 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX | 0,20 |
| 08539 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST | 0,20 |
| 08663 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful | 0,20 |
| 09163 | Blueberries, dried, sweetened | 0,20 |
| 16210 | Vitasoy USA, Nasoya Lite Firm Tofu | 0,20 |
| 16215 | Vitasoy USA, Vitasoy Organic Creamy Original Soymilk | 0,20 |
| 16272 | Vitasoy USA Nasoya, Lite Silken Tofu | 0,20 |
| 16506 | LOMA LINDA Vege-Burger, canned, unprepared | 0,20 |
| 16521 | WORTHINGTON Vegetable Skallops, canned, unprepared | 0,20 |
| 19436 | Popcorn, sugar syrup/caramel, fat-free | 0,20 |
| 19710 | Puddings, vanilla, dry mix, regular, with added oil | 0,20 |
| 22119 | MORNINGSTAR FARMS Veggie Dog, frozen, unprepared | 0,20 |
| 04635 | Salad dressing, thousand island dressing, fat-free | 0,20 |
| 11031 | Lima beans, immature seeds, raw | 0,20 |
| 22930 | SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce | 0,20 |
| 22931 | SPAGHETTIOS, SpaghettiOs Original | 0,20 |
| 22932 | SPAGHETTIOS, SpaghettiOs A to Z's | 0,20 |
| 22938 | SPAGHETTIOS, SpaghettiOs plus Calcium | 0,20 |
| 20062 | Rye grain | 0,20 |
| 07046 | Turkey breast, low salt, prepackaged or deli, luncheon meat | 0,20 |
| 11168 | Corn, sweet, yellow, cooked, boiled, drained, without salt | 0,20 |
| 11525 | Taro, tahitian, raw | 0,20 |
| 11770 | Corn, sweet, yellow, cooked, boiled, drained, with salt | 0,20 |
| 11901 | Corn, sweet, white, cooked, boiled, drained, without salt | 0,20 |
| 11902 | Corn, sweet, white, cooked, boiled, drained, with salt | 0,20 |
| 14203 | Beverages, coffee, instant, regular, half the caffeine | 0,20 |
| 14214 | Beverages, coffee, instant, regular, powder | 0,20 |
| 15045 | Fish, lingcod, raw | 0,20 |
| 20138 | Wheat, KAMUT khorasan, uncooked | 0,20 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 09144 | Jackfruit, raw | 0,20 |
| 09313 | Sapodilla, raw | 0,19 |
| 08505 | Cereals ready-to-eat, RALSTON Corn Biscuits | 0,19 |
| 16130 | Okara | 0,19 |
| 02065 | Spearmint, fresh | 0,19 |
| 06419 | Soup, chicken noodle, canned, prepared with equal volume water | 0,19 |
| 08129 | Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water | 0,19 |
| 15109 | Fish, surimi | 0,19 |
| 16001 | Beans, adzuki, mature seeds, raw | 0,19 |
| 18007 | Bagels, oat bran | 0,19 |
| 03220 | Babyfood, dessert, dutch apple, strained | 0,19 |
| 15023 | Fish, mahimahi, raw | 0,19 |
| 15152 | Crustaceans, shrimp, mixed species, canned | 0,19 |
| 15159 | Mollusks, clam, mixed species, cooked, moist heat | 0,19 |
| 05625 | Emu, flat fillet, raw | 0,19 |
| 15157 | Mollusks, clam, mixed species, raw | 0,19 |
| 06423 | Soup, chicken with rice, canned, prepared with equal volume water | 0,18 |
| 11195 | Cowpeas (blackeyes), immature seeds, frozen, unprepared | 0,18 |
| 15060 | Fish, perch, mixed species, raw | 0,18 |
| 16061 | Cowpeas, catjang, mature seeds, cooked, boiled, without salt | 0,18 |
| 16361 | Cowpeas, catjang, mature seeds, cooked, boiled, with salt | 0,18 |
| 43544 | Babyfood, cereal, rice with pears and apple, dry, instant fortified | 0,18 |
| 11910 | Corn, sweet, white, frozen, kernels cut off cob, unprepared | 0,18 |
| 12175 | Nuts, chestnuts, japanese, dried | 0,18 |
| 14296 | Beverages, lemonade-flavor drink, powder | 0,18 |
| 15227 | Crustaceans, crab, queen, cooked, moist heat | 0,18 |
| 11900 | Corn, sweet, white, raw | 0,18 |
| 11596 | Winged beans, immature seeds, cooked, boiled, drained, without salt | 0,18 |
| 15146 | Crustaceans, crayfish, mixed species, wild, cooked, moist heat | 0,18 |
| 15147 | Crustaceans, lobster, northern, raw | 0,18 |
| 16145 | Beans, kidney, red, mature seeds, canned, drained solids | 0,18 |
| 06405 | CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup | 0,18 |
| 06442 | Soup, mushroom barley, canned, prepared with equal volume water | 0,18 |
| 06472 | Soup, vegetable with beef broth, canned, prepared with equal volume water | 0,18 |
| 06622 | SMART SOUP, Indian Bean Masala | 0,18 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06623 | SMART SOUP, Moroccan Chick Pea | 0,18 |
| 16219 | Vitasoy USA, Vitasoy Light Vanilla Soymilk | 0,18 |
| 20044 | Rice, white, long-grain, regular, raw, enriched | 0,18 |
| 20064 | Rye flour, medium | 0,18 |
| 20444 | Rice, white, long-grain, regular, raw, unenriched | 0,18 |
| 06970 | Soup, chicken broth, low sodium, canned | 0,18 |
| 01275 | Yogurt, Greek, nonfat, vanilla, CHOBANI | 0,18 |
| 09299 | Raisins, seeded | 0,18 |
| 15218 | Fish, sunfish, pumpkin seed, cooked, dry heat | 0,18 |
| 12119 | Nuts, coconut water (liquid from coconuts) | 0,18 |
| 20121 | Pasta, cooked, enriched, without added salt | 0,18 |
| 20321 | Pasta, cooked, enriched, with added salt | 0,18 |
| 20421 | Pasta, cooked, unenriched, without added salt | 0,18 |
| 20521 | Pasta, cooked, unenriched, with added salt | 0,18 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 0,18 |
| 11778 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt | 0,18 |
| 12096 | Nuts, chestnuts, chinese, roasted | 0,18 |
| 15035 | Fish, haddock, smoked | 0,17 |
| 09140 | Guavas, strawberry, raw | 0,17 |
| 15127 | Fish, tuna, fresh, yellowfin, raw | 0,17 |
| 20032 | Millet, cooked | 0,17 |
| 20018 | Corn flour, yellow, degermed, unenriched | 0,17 |
| 06315 | Soup, HEALTHY CHOICE Chicken and Rice Soup, canned | 0,17 |
| 06402 | Soup, black bean, canned, prepared with equal volume water | 0,17 |
| 06976 | Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium | 0,17 |
| 11207 | Dandelion greens, raw | 0,17 |
| 11311 | Peas, green, canned, drained solids, rinsed in tap water | 0,17 |
| 11613 | Borage, raw | 0,17 |
| 15205 | Fish, pollock, Atlantic, cooked, dry heat | 0,17 |
| 16037 | Beans, navy, mature seeds, raw | 0,17 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 0,17 |
| 02008 | Spices, chervil, dried | 0,17 |
| 09314 | Sapote, mamey, raw | 0,17 |
| 11378 | Potatoes, mashed, dehydrated, flakes without milk, dry form | 0,17 |
| 06470 | CAMPBELL'S Low Sodium Soups, Chicken Broth | 0,17 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15016 | Fish, cod, Atlantic, cooked, dry heat | 0,17 |
| 15226 | Crustaceans, crab, dungeness, cooked, moist heat | 0,17 |
| 11361 | Potatoes, roasted, salt added in processing, frozen, unprepared | 0,17 |
| 15017 | Fish, cod, Atlantic, canned, solids and liquid | 0,17 |
| 11501 | Succotash, (corn and limas), frozen, unprepared | 0,17 |
| 11502 | Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt | 0,17 |
| 11872 | Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt | 0,17 |
| 16046 | Beans, small white, mature seeds, cooked, boiled, without salt | 0,17 |
| 16346 | Beans, small white, mature seeds, cooked, boiled, with salt | 0,17 |
| 18041 | Bread, pita, white, enriched | 0,17 |
| 18413 | Bread, pita, white, unenriched | 0,17 |
| 27000 | Soup, egg drop, Chinese restaurant | 0,17 |
| 20041 | Rice, brown, medium-grain, cooked | 0,16 |
| 27022 | CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup | 0,16 |
| 06586 | CAMPBELL'S Soup on the Go, Chicken & Stars Soup | 0,16 |
| 06587 | CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup | 0,16 |
| 06595 | CAMPBELL'S Soup on the Go, Vegetable Beef Soup | 0,16 |
| 12093 | Nuts, chestnuts, chinese, raw | 0,16 |
| 14423 | Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice | 0,16 |
| 11390 | Potatoes, hash brown, frozen, plain, unprepared | 0,16 |
| 15006 | Fish, burbot, raw | 0,16 |
| 15242 | Crustaceans, crayfish, mixed species, farmed, raw | 0,16 |
| 20034 | Oat bran, cooked | 0,16 |
| 01086 | Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim) | 0,16 |
| 01087 | Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim) | 0,16 |
| 08478 | Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS | 0,16 |
| 11905 | Corn, sweet, white, canned, whole kernel, drained solids | 0,16 |
| 16071 | Lima beans, large, mature seeds, raw | 0,16 |
| 16085 | Peas, green, split, mature seeds, raw | 0,16 |
| 06413 | Soup, chicken broth, canned, prepared with equal volume water | 0,16 |
| 08314 | Cereals, QUAKER, hominy grits, white, quick, dry | 0,16 |
| 15067 | Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) | 0,16 |
| 15145 | Crustaceans, crayfish, mixed species, wild, raw | 0,16 |
| 16146 | Beans, pinto, canned, drained solids | 0,16 |
| 20050 | Rice, white, medium-grain, raw, enriched | 0,16 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 20450 | Rice, white, medium-grain, raw, unenriched | 0,16 |
| 11464 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 0,16 |
| 20088 | Wild rice, raw | 0,16 |
| 20081 | Wheat flour, white, all-purpose, enriched, bleached | 0,16 |
| 20381 | Wheat flour, white, all-purpose, enriched, calcium-fortified | 0,16 |
| 20481 | Wheat flour, white, all-purpose, unenriched | 0,16 |
| 20581 | Wheat flour, white, all-purpose, enriched, unbleached | 0,16 |
| 06956 | Soup, tomato, canned, condensed, reduced sodium | 0,16 |
| 08160 | Cereals, corn grits, yellow, regular and quick, unenriched, dry | 0,16 |
| 16032 | Beans, kidney, red, mature seeds, raw | 0,15 |
| 16069 | Lentils, raw | 0,15 |
| 20082 | Wheat flour, white, all-purpose, self-rising, enriched | 0,15 |
| 20133 | Rice noodles, dry | 0,15 |
| 31026 | Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared | 0,15 |
| 06151 | Sauce, plum, ready-to-serve | 0,15 |
| 11223 | Drumstick leaves, cooked, boiled, drained, without salt | 0,15 |
| 20048 | Rice, white, long-grain, precooked or instant, enriched, dry | 0,15 |
| 20655 | Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST | 0,15 |
| 09297 | Raisins, golden seedless | 0,15 |
| 11520 | Taro leaves, raw | 0,15 |
| 14287 | Beverages, Lemonade, powder | 0,15 |
| 15063 | Fish, pike, northern, cooked, dry heat | 0,15 |
| 08133 | Cereals, oats, instant, fortified, with raisins and spice, prepared with water | 0,15 |
| 08316 | Cereals, QUAKER, hominy grits, white, regular, dry | 0,15 |
| 11182 | Corn, yellow, whole kernel, frozen, microwaved | 0,15 |
| 19437 | Snacks, potato chips, fat free, salted | 0,15 |
| 20065 | Rye flour, light | 0,15 |
| 20066 | Semolina, enriched | 0,15 |
| 20094 | Pasta, fresh-refrigerated, plain, cooked | 0,15 |
| 20105 | Macaroni, vegetable, enriched, dry | 0,15 |
| 20466 | Semolina, unenriched | 0,15 |
| 20657 | Pasta, gluten-free, corn and rice flour, cooked | 0,15 |
| 06428 | Soup, clam chowder, manhattan, canned, prepared with equal volume water | 0,15 |
| 11983 | Pickles, chowchow, with cauliflower onion mustard, sweet | 0,15 |
| 15155 | Mollusks, abalone, mixed species, raw | 0,15 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11496 | Succotash, (corn and limas), cooked, boiled, drained, without salt | 0,15 |
| 11871 | Succotash, (corn and limas), cooked, boiled, drained, with salt | 0,15 |
| 21315 | McDONALD'S, Sweet 'N Sour Sauce | 0,15 |
| 35232 | Wocas, dried seeds, Oregon, yellow pond lily (Klamath) | 0,15 |
| 06217 | Soup, vegetable, canned, low sodium, condensed | 0,15 |
| 11015 | Asparagus, canned, drained solids | 0,15 |
| 18042 | Bread, pita, whole-wheat | 0,15 |
| 09044 | Cherries, tart, dried, sweetened | 0,15 |
| 11156 | Chives, raw | 0,15 |
| 11208 | Dandelion greens, cooked, boiled, drained, without salt | 0,15 |
| 11424 | Pumpkin, canned, without salt | 0,15 |
| 11846 | Pumpkin, canned, with salt | 0,15 |
| 18216 | Crackers, crispbread, rye | 0,14 |
| 43112 | Beans, chili, barbecue, ranch style, cooked | 0,14 |
| 09094 | Figs, dried, uncooked | 0,14 |
| 16064 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain | 0,14 |
| 09277 | Plantains, raw | 0,14 |
| 11308 | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared | 0,14 |
| 15144 | Crustaceans, crab, queen, raw | 0,14 |
| 16171 | Refried beans, canned, vegetarian | 0,14 |
| 16029 | Beans, kidney, all types, mature seeds, canned | 0,14 |
| 03122 | Babyfood, peas, dices, toddler | 0,14 |
| 06177 | Soup, minestrone, canned, reduced sodium, ready-to-serve | 0,14 |
| 16025 | Beans, great northern, mature seeds, cooked, boiled, without salt | 0,14 |
| 16325 | Beans, great northern, mature seeds, cooked, boiled, with salt | 0,14 |
| 20052 | Rice, white, short-grain, enriched, uncooked | 0,14 |
| 20098 | Pasta, homemade, made without egg, cooked | 0,14 |
| 20452 | Rice, white, short-grain, raw, unenriched | 0,14 |
| 21310 | McDONALD'S, Barbeque Sauce | 0,14 |
| 42278 | Babyfood, vegetable and brown rice, strained | 0,14 |
| 43146 | Eggplant, pickled | 0,14 |
| 11526 | Taro, tahitian, cooked, without salt | 0,14 |
| 11881 | Taro, tahitian, cooked, with salt | 0,14 |
| 11954 | Tomatillos, raw | 0,14 |
| 14390 | Beverages, cocoa mix, with aspartame, powder, prepared with water | 0,14 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15108 | Fish, sunfish, pumpkin seed, raw | 0,14 |
| 16015 | Beans, black, mature seeds, cooked, boiled, without salt | 0,14 |
| 16315 | Beans, black, mature seeds, cooked, boiled, with salt | 0,14 |
| 11088 | Broadbeans, immature seeds, raw | 0,14 |
| 11380 | Potatoes, mashed, dehydrated, granules without milk, dry form | 0,14 |
| 12041 | Seeds, sunflower seed flour, partially defatted | 0,14 |
| 16063 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 0,14 |
| 16363 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt | 0,14 |
| 08100 | Cereals, CREAM OF RICE, dry | 0,14 |
| 09175 | Mammy-apple, (mamey), raw | 0,14 |
| 16043 | Beans, pinto, mature seeds, cooked, boiled, without salt | 0,14 |
| 16117 | Soy flour, defatted | 0,14 |
| 20114 | Noodles, japanese, soba, dry | 0,14 |
| 22914 | Pasta with tomato sauce, no meat, canned | 0,14 |
| 15065 | Fish, pollock, Atlantic, raw | 0,14 |
| 20010 | Buckwheat groats, roasted, cooked | 0,13 |
| 01286 | Yogurt, Greek, vanilla, nonfat | 0,13 |
| 06963 | Fish broth | 0,13 |
| 11557 | Tomato products, canned, sauce, with onions, green peppers, and celery | 0,13 |
| 15137 | Crustaceans, crab, alaska king, cooked, moist heat | 0,13 |
| 16164 | MORI-NU, Tofu, silken, lite firm | 0,13 |
| 11297 | Parsley, fresh | 0,13 |
| 11760 | Carrots, frozen, cooked, boiled, drained, with salt | 0,13 |
| 15143 | Crustaceans, crab, dungeness, raw | 0,13 |
| 15015 | Fish, cod, Atlantic, raw | 0,13 |
| 05363 | Ruffed Grouse, breast meat, skinless, raw | 0,13 |
| 06417 | Soup, chicken gumbo, canned, prepared with equal volume water | 0,13 |
| 07932 | Chicken breast, fat-free, mesquite flavor, sliced | 0,13 |
| 07933 | Chicken breast, oven-roasted, fat-free, sliced | 0,13 |
| 08156 | Cereals ready-to-eat, rice, puffed, fortified | 0,13 |
| 11135 | Cauliflower, raw | 0,13 |
| 11669 | Seaweed, wakame, raw | 0,13 |
| 11961 | Hearts of palm, canned | 0,13 |
| 15022 | Fish, cusk, raw | 0,13 |
| 20015 | Corn bran, crude | 0,13 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 09516 | Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana | 0,13 |
| 11490 | Squash, winter, hubbard, baked, without salt | 0,13 |
| 11868 | Squash, winter, hubbard, baked, with salt | 0,13 |
| 15172 | Mollusks, scallop, mixed species, raw | 0,13 |
| 20084 | Wheat flour, white, cake, enriched | 0,13 |
| 93600 | Turtle, green, raw | 0,13 |
| 03192 | Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified | 0,13 |
| 16041 | Beans, pink, mature seeds, cooked, boiled, without salt | 0,13 |
| 16341 | Beans, pink, mature seeds, cooked, boiled, with salt | 0,13 |
| 03191 | Babyfood, cereal, oatmeal, with applesauce and bananas, strained | 0,12 |
| 16034 | Beans, kidney, red, mature seeds, canned, solids and liquids | 0,12 |
| 16337 | Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium | 0,12 |
| 01093 | Milk, dry, nonfat, calcium reduced | 0,12 |
| 11316 | Peas, mature seeds, sprouted, raw | 0,12 |
| 15066 | Fish, pollock, Alaska, raw (may have been previously frozen) | 0,12 |
| 16079 | Mothbeans, mature seeds, cooked, boiled, without salt | 0,12 |
| 16379 | Mothbeans, mature seeds, cooked, boiled, with salt | 0,12 |
| 16044 | Beans, pinto, mature seeds, canned, solids and liquids | 0,12 |
| 20030 | Hominy, canned, white | 0,12 |
| 20330 | Hominy, canned, yellow | 0,12 |
| 19234 | Puddings, tapioca, ready-to-eat, fat free | 0,12 |
| 05630 | Emu, outside drum, raw | 0,12 |
| 06528 | Soup, chicken noodle, dry, mix, prepared with water | 0,12 |
| 01097 | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D | 0,12 |
| 03994 | Babyfood, fruit, banana and strawberry, junior | 0,12 |
| 06024 | Soup, chicken and vegetable, canned, ready-to-serve | 0,12 |
| 06740 | Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand | 0,12 |
| 18086 | Cake, angelfood, commercially prepared | 0,12 |
| 06468 | Soup, vegetarian vegetable, canned, prepared with equal volume water | 0,12 |
| 09286 | Pomegranates, raw | 0,12 |
| 09530 | Fruit juice smoothie, ODWALLA, strawberry banana | 0,12 |
| 11131 | Carrots, frozen, cooked, boiled, drained, without salt | 0,12 |
| 11180 | Corn, sweet, yellow, frozen, kernels on cob, unprepared | 0,12 |
| 11913 | Corn, sweet, white, frozen, kernels on cob, unprepared | 0,12 |
| 15044 | Fish, ling, raw | 0,12 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16026 | Beans, great northern, mature seeds, canned | 0,12 |
| 16027 | Beans, kidney, all types, mature seeds, raw | 0,12 |
| 16326 | Beans, great northern, mature seeds, canned, low sodium | 0,12 |
| 01218 | Yogurt, fruit variety, nonfat, fortified with vitamin D | 0,12 |
| 11010 | Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt | 0,12 |
| 11178 | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared | 0,12 |
| 11225 | Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt | 0,12 |
| 11703 | Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt | 0,12 |
| 11788 | Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt | 0,12 |
| 11972 | Lemon grass (citronella), raw | 0,12 |
| 16020 | Beans, cranberry (roman), mature seeds, cooked, boiled, without salt | 0,12 |
| 16320 | Beans, cranberry (roman), mature seeds, cooked, boiled, with salt | 0,12 |
| 43261 | Yogurt, fruit variety, nonfat | 0,12 |
| 01258 | Egg, white, dried, stabilized, glucose reduced | 0,12 |
| 07944 | Turkey, white, rotisserie, deli cut | 0,12 |
| 11973 | Beans, fava, in pod, raw | 0,12 |
| 12204 | Nuts, chestnuts, japanese, roasted | 0,12 |
| 15062 | Fish, pike, northern, raw | 0,12 |
| 15163 | Mollusks, cuttlefish, mixed species, raw | 0,12 |
| 01256 | Yogurt, Greek, plain, nonfat | 0,12 |
| 11492 | Squash, winter, spaghetti, raw | 0,12 |
| 20028 | Couscous, dry | 0,12 |
| 42290 | Milk, fluid, nonfat, calcium fortified (fat free or skim) | 0,12 |
| 43536 | Babyfood, dessert, peach yogurt | 0,12 |
| 01118 | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 0,12 |
| 01184 | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener | 0,12 |
| 01221 | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D | 0,12 |
| 08020 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes | 0,12 |
| 16081 | Mung beans, mature seeds, cooked, boiled, without salt | 0,12 |
| 16134 | Yardlong beans, mature seeds, cooked, boiled, without salt | 0,12 |
| 16165 | MORI-NU, Tofu, silken, lite extra firm | 0,12 |
| 16347 | Beans, pinto, mature seeds, canned, solids and liquids, low sodium | 0,12 |
| 16381 | Mung beans, mature seeds, cooked, boiled, with salt | 0,12 |
| 16434 | Yardlong beans, mature seeds, cooked, boiled, with salt | 0,12 |
| 02012 | Spices, coriander leaf, dried | 0,12 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06159 | Soup, tomato, canned, condensed | 0,12 |
| 20116 | Noodles, japanese, somen, dry | 0,12 |
| 03195 | Babyfood, cereal, rice, with applesauce and bananas, strained | 0,11 |
| 09131 | Grapes, american type (slip skin), raw | 0,11 |
| 11181 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 0,11 |
| 11419 | Pumpkin leaves, cooked, boiled, drained, without salt | 0,11 |
| 11775 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt | 0,11 |
| 11848 | Pumpkin leaves, cooked, boiled, drained, with salt | 0,11 |
| 11914 | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt | 0,11 |
| 11915 | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt | 0,11 |
| 16083 | Mungo beans, mature seeds, raw | 0,11 |
| 09040 | Bananas, raw | 0,11 |
| 12095 | Nuts, chestnuts, chinese, boiled and steamed | 0,11 |
| 14083 | Beverages, chocolate malt, powder, prepared with fat free milk | 0,11 |
| 16039 | Beans, navy, mature seeds, canned | 0,11 |
| 09244 | Peaches, dehydrated (low-moisture), sulfured, uncooked | 0,11 |
| 11505 | Sweet potato leaves, raw | 0,11 |
| 15034 | Fish, haddock, cooked, dry heat | 0,11 |
| 20054 | Rice, white, glutinous, unenriched, uncooked | 0,11 |
| 27063 | Sauce, enchilada, red, mild, ready to serve | 0,11 |
| 43007 | Babyfood, fruit, tutti frutti, junior | 0,11 |
| 01280 | Yogurt, Greek, nonfat, strawberry, DANNON OIKOS | 0,11 |
| 06008 | Soup, beef broth or bouillon canned, ready-to-serve | 0,11 |
| 11969 | Broccoli, chinese, cooked | 0,11 |
| 16343 | Beans, pinto, mature seeds, cooked, boiled, with salt | 0,11 |
| 18226 | Crackers, rye, wafers, plain | 0,11 |
| 08409 | Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes | 0,11 |
| 03163 | Babyfood, fruit, bananas with apples and pears, strained | 0,11 |
| 06169 | Sauce, ready-to-serve, pepper, TABASCO | 0,11 |
| 08577 | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt | 0,11 |
| 14414 | Alcoholic beverage, liqueur, coffee, 53 proof | 0,11 |
| 14534 | Alcoholic beverage, liqueur, coffee, 63 proof | 0,11 |
| 01285 | Yogurt, Greek, strawberry, nonfat | 0,10 |
| 09513 | Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD | 0,10 |
| 11199 | Yardlong bean, raw | 0,10 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15192 | Fish, cod, Pacific, cooked, dry heat (may have been previously frozen) | 0,10 |
| 09334 | Feijoa, raw | 0,10 |
| 01281 | Yogurt, Greek, nonfat, strawberry, CHOBANI | 0,10 |
| 09149 | Kumquats, raw | 0,10 |
| 11179 | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 0,10 |
| 11489 | Squash, winter, hubbard, raw | 0,10 |
| 11729 | Beans, snap, green, canned, no salt added, drained solids | 0,10 |
| 43449 | Beans, baked, canned, no salt added | 0,10 |
| 20092 | Pasta, gluten-free, corn, cooked | 0,10 |
| 11039 | Lima beans, immature seeds, frozen, baby, unprepared | 0,10 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 0,10 |
| 11745 | Brussels sprouts, cooked, boiled, drained, with salt | 0,10 |
| 11497 | Succotash, (corn and limas), canned, with cream style corn | 0,10 |
| 11896 | Winged bean, immature seeds, cooked, boiled, drained, with salt | 0,10 |
| 14218 | Beverages, coffee, instant, decaffeinated, powder | 0,10 |
| 15270 | Crustaceans, shrimp, raw (not previously frozen) | 0,10 |
| 27056 | Sauce, barbecue, BULL'S-EYE, original | 0,10 |
| 19330 | Puddings, lemon, dry mix, instant | 0,10 |
| 27067 | Sauce, OLD EL PASO, enchilada, red, mild, ready to serve | 0,10 |
| 28162 | KELLOGG'S, Corn Flakes Crumbs | 0,10 |
| 42279 | Babyfood, peas and brown rice | 0,10 |
| 06114 | Gravy, au jus, canned | 0,10 |
| 08032 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES | 0,10 |
| 08463 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS | 0,10 |
| 08469 | Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal | 0,10 |
| 08697 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD | 0,10 |
| 09068 | Cherries, sour, red, frozen, unsweetened | 0,10 |
| 11546 | Tomato products, canned, paste, without salt added | 0,10 |
| 16511 | WORTHINGTON Choplets, canned, unprepared | 0,10 |
| 03233 | Babyfood, dessert, fruit pudding, pineapple, strained | 0,10 |
| 08575 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt | 0,10 |
| 09164 | Litchis, raw | 0,10 |
| 11009 | Artichokes, (globe or french), frozen, unprepared | 0,10 |
| 11575 | Turnip greens, frozen, cooked, boiled, drained, without salt | 0,10 |
| 11892 | Turnip greens, frozen, cooked, boiled, drained, with salt | 0,10 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16068 | Hyacinth beans, mature seeds, cooked, boiled, without salt | 0,10 |
| 16368 | Hyacinth beans, mature seeds, cooked, boiled, with salt | 0,10 |
| 44260 | Puddings, all flavors except chocolate, low calorie, instant, dry mix | 0,10 |
| 11583 | Vegetables, mixed, frozen, unprepared | 0,10 |
| 16038 | Beans, navy, mature seeds, cooked, boiled, without salt | 0,10 |
| 11632 | Peppers, jalapeno, canned, solids and liquids | 0,10 |
| 14370 | Beverages, tea, instant, lemon, sweetened, powder | 0,10 |
| 04705 | Salad dressing, caesar, fat-free | 0,10 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 0,10 |
| 11192 | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt | 0,10 |
| 11709 | Asparagus, frozen, cooked, boiled, drained, with salt | 0,10 |
| 11777 | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt | 0,10 |
| 03114 | Babyfood, vegetable, butternut squash and corn | 0,10 |
| 09009 | Apples, dehydrated (low moisture), sulfured, uncooked | 0,10 |
| 08578 | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt | 0,09 |
| 08083 | Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS | 0,09 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 0,09 |
| 11467 | Squash, summer, crookneck and straightneck, raw | 0,09 |
| 16172 | Refried beans, canned, fat-free | 0,09 |
| 20006 | Barley, pearled, cooked | 0,09 |
| 43142 | Radishes, hawaiian style, pickled | 0,09 |
| 09176 | Mangos, raw | 0,09 |
| 09531 | Fruit juice smoothie, NAKED JUICE, strawberry banana | 0,09 |
| 11028 | Bamboo shoots, canned, drained solids | 0,09 |
| 11351 | Pokeberry shoots, (poke), cooked, boiled, drained, without salt | 0,09 |
| 11499 | Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids | 0,09 |
| 11979 | Peppers, jalapeno, raw | 0,09 |
| 14202 | Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated | 0,09 |
| 14210 | Beverages, coffee, brewed, espresso, restaurant-prepared | 0,09 |
| 08182 | Cereals, WHEATENA, cooked with water, with salt | 0,09 |
| 11003 | Amaranth leaves, raw | 0,09 |
| 11233 | Kale, raw | 0,09 |
| 14357 | Beverages, tea, instant, decaffeinated, lemon, sweetened | 0,09 |
| 15033 | Fish, haddock, raw | 0,09 |
| 16050 | Beans, white, mature seeds, cooked, boiled, without salt | 0,09 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16350 | Beans, white, mature seeds, cooked, boiled, with salt | 0,09 |
| 20127 | Spaghetti, spinach, cooked | 0,09 |
| 19206 | Puddings, vanilla, dry mix, regular | 0,09 |
| 19318 | Puddings, banana, dry mix, instant | 0,09 |
| 19320 | Puddings, banana, dry mix, regular | 0,09 |
| 01278 | Yogurt, Greek, nonfat, vanilla, DANNON OIKOS | 0,09 |
| 02055 | Horseradish, prepared | 0,09 |
| 03187 | Babyfood, cereal, mixed, with applesauce and bananas, strained | 0,09 |
| 06375 | CAMPBELL'S, Vegetable Beef Soup, condensed | 0,09 |
| 08489 | Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry | 0,09 |
| 11191 | Cowpeas (blackeyes), immature seeds, raw | 0,09 |
| 11413 | Potato flour | 0,09 |
| 11957 | Fennel, bulb, raw | 0,09 |
| 15136 | Crustaceans, crab, alaska king, raw | 0,09 |
| 16055 | Carob flour | 0,09 |
| 03286 | Babyfood, vegetables, mix vegetables strained | 0,09 |
| 06094 | Soup, onion, dry, mix | 0,09 |
| 11215 | Garlic, raw | 0,09 |
| 11585 | Vegetable juice cocktail, low sodium, canned | 0,09 |
| 11989 | Mushrooms, straw, canned, drained solids | 0,09 |
| 16017 | Beans, black turtle, mature seeds, cooked, boiled, without salt | 0,09 |
| 16072 | Lima beans, large, mature seeds, cooked, boiled, without salt | 0,09 |
| 16317 | Beans, black turtle, mature seeds, cooked, boiled, with salt | 0,09 |
| 16372 | Lima beans, large, mature seeds, cooked, boiled, with salt | 0,09 |
| 09079 | Cranberries, dried, sweetened | 0,09 |
| 09291 | Plums, dried (prunes), uncooked | 0,09 |
| 11224 | Hyacinth-beans, immature seeds, raw | 0,09 |
| 11578 | Vegetable juice cocktail, canned | 0,09 |
| 12205 | Seeds, lotus seeds, raw | 0,09 |
| 16075 | Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt | 0,09 |
| 16375 | Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt | 0,09 |
| 03224 | Babyfood, dessert, cherry vanilla pudding, strained | 0,09 |
| 11292 | Onions, young green, tops only | 0,09 |
| 14405 | Beverages, fruit punch juice drink, frozen concentrate | 0,09 |
| 43006 | Babyfood, fruit, tutti frutti, strained | 0,09 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11306 | Peas, green, canned, regular pack, solids and liquids | 0,09 |
| 11959 | Arugula, raw | 0,09 |
| 11046 | Beans, navy, mature seeds, sprouted, raw | 0,08 |
| 11184 | Corn with red and green peppers, canned, solids and liquids | 0,08 |
| 11577 | Turnip greens and turnips, frozen, cooked, boiled, drained, without salt | 0,08 |
| 11893 | Turnip greens and turnips, frozen, cooked, boiled, drained, with salt | 0,08 |
| 15019 | Fish, cod, Pacific, raw (may have been previously frozen) | 0,08 |
| 35236 | Stew, pinto bean and hominy, badufsuki (Hopi) | 0,08 |
| 11100 | Brussels sprouts, frozen, unprepared | 0,08 |
| 11322 | Peas and carrots, frozen, unprepared | 0,08 |
| 11477 | Squash, summer, zucchini, includes skin, raw | 0,08 |
| 11640 | Shallots, freeze-dried | 0,08 |
| 11521 | Taro leaves, cooked, steamed, without salt | 0,08 |
| 11879 | Taro, leaves, cooked, steamed, with salt | 0,08 |
| 11953 | Squash, zucchini, baby, raw | 0,08 |
| 16023 | Beans, french, mature seeds, cooked, boiled, without salt | 0,08 |
| 16102 | Pigeon peas (red gram), mature seeds, cooked, boiled, without salt | 0,08 |
| 16323 | Beans, french, mature seeds, cooked, boiled, with salt | 0,08 |
| 16402 | Pigeon peas (red gram), mature seeds, cooked, boiled, with salt | 0,08 |
| 09246 | Peaches, dried, sulfured, uncooked | 0,08 |
| 11991 | Yautia (tannier), raw | 0,08 |
| 03995 | Babyfood, banana with mixed berries, strained | 0,08 |
| 09226 | Papayas, raw | 0,08 |
| 11037 | Lima beans, immature seeds, frozen, fordhook, unprepared | 0,08 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 0,08 |
| 11461 | Spinach, canned, regular pack, drained solids | 0,08 |
| 11746 | Brussels sprouts, frozen, cooked, boiled, drained, with salt | 0,08 |
| 06961 | Sauce, peppers, hot, chili, mature red, canned | 0,08 |
| 08116 | Cereals, MALT-O-MEAL, original, plain, dry | 0,08 |
| 08172 | Cereals, farina, unenriched, dry | 0,08 |
| 09007 | Apples, canned, sweetened, sliced, drained, unheated | 0,08 |
| 15174 | Mollusks, scallop, mixed species, imitation, made from surimi | 0,08 |
| 03282 | Babyfood, vegetables, mix vegetables junior | 0,08 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 0,08 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 0,08 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11141 | Celeriac, raw | 0,08 |
| 11197 | Cowpeas, young pods with seeds, raw | 0,08 |
| 11198 | Cowpeas, young pods with seeds, cooked, boiled, drained, without salt | 0,08 |
| 11702 | Artichokes, (globe or french), cooked, boiled, drained, with salt | 0,08 |
| 11742 | Broccoli, cooked, boiled, drained, with salt | 0,08 |
| 11779 | Cowpeas, young pods with seeds, cooked, boiled, drained, with salt | 0,08 |
| 11937 | Pickles, cucumber, dill or kosher dill | 0,08 |
| 11947 | Pickles, cucumber, dill, reduced sodium | 0,08 |
| 11284 | Onions, dehydrated flakes | 0,08 |
| 11622 | Kale, scotch, raw | 0,08 |
| 12202 | Nuts, chestnuts, japanese, raw | 0,08 |
| 14424 | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. | 0,08 |
| 16228 | Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D | 0,08 |
| 09442 | Pomegranate juice, bottled | 0,08 |
| 11038 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 0,08 |
| 11170 | Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids | 0,08 |
| 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | 0,08 |
| 11323 | Peas and carrots, frozen, cooked, boiled, drained, without salt | 0,08 |
| 11717 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt | 0,08 |
| 11771 | Corn, sweet, yellow, canned, no salt added, solids and liquids | 0,08 |
| 11773 | Corn, sweet, yellow, canned, vacuum pack, no salt added | 0,08 |
| 11817 | Peas and carrots, frozen, cooked, boiled, drained, with salt | 0,08 |
| 11903 | Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids | 0,08 |
| 11904 | Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids | 0,08 |
| 11908 | Corn, sweet, white, canned, vacuum pack, regular pack | 0,08 |
| 11909 | Corn, sweet, white, canned, vacuum pack, no salt added | 0,08 |
| 16422 | Soy protein isolate, potassium type | 0,08 |
| 20045 | Rice, white, long-grain, regular, enriched, cooked | 0,08 |
| 20139 | Wheat, KAMUT khorasan, cooked | 0,08 |
| 20345 | Rice, white, long-grain, regular, cooked, enriched, with salt | 0,08 |
| 20445 | Rice, white, long-grain, regular, unenriched, cooked without salt | 0,08 |
| 20545 | Rice, white, long-grain, regular, cooked, unenriched, with salt | 0,08 |
| 80200 | Frog legs, raw | 0,08 |
| 03119 | Babyfood, vegetables, corn, creamed, strained | 0,08 |
| 03280 | Babyfood, fruit, bananas with tapioca, junior | 0,08 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06964 | Soup, tomato, low sodium, with water | 0,08 |
| 08093 | Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt | 0,08 |
| 11491 | Squash, winter, hubbard, cooked, boiled, mashed, without salt | 0,08 |
| 11869 | Squash, winter, hubbard, cooked, boiled, mashed, with salt | 0,08 |
| 08143 | Cereals, WHEATENA, cooked with water | 0,08 |
| 16018 | Beans, black turtle, mature seeds, canned | 0,08 |
| 16316 | Beans, black, mature seeds, canned, low sodium | 0,08 |
| 20047 | Rice, white, long-grain, parboiled, enriched, cooked | 0,07 |
| 20447 | Rice, white, long-grain, parboiled, unenriched, cooked | 0,07 |
| 03120 | Babyfood, vegetables, corn, creamed, junior | 0,07 |
| 06967 | Soup, vegetable soup, condensed, low sodium, prepared with equal volume water | 0,07 |
| 11134 | Cassava, raw | 0,07 |
| 16051 | Beans, white, mature seeds, canned | 0,07 |
| 11032 | Lima beans, immature seeds, cooked, boiled, drained, without salt | 0,07 |
| 11152 | Chicory greens, raw | 0,07 |
| 11303 | Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 0,07 |
| 11431 | Radishes, oriental, cooked, boiled, drained, without salt | 0,07 |
| 11574 | Turnip greens, frozen, unprepared | 0,07 |
| 11714 | Lima beans, immature seeds, cooked, boiled, drained, with salt | 0,07 |
| 11810 | Peas, edible-podded, frozen, cooked, boiled, drained, with salt | 0,07 |
| 11850 | Radishes, oriental, cooked, boiled, drained, with salt | 0,07 |
| 16028 | Beans, kidney, all types, mature seeds, cooked, boiled, without salt | 0,07 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 0,07 |
| 18371 | Leavening agents, baking powder, low-sodium | 0,07 |
| 43546 | Babyfood, banana no tapioca, strained | 0,07 |
| 03188 | Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified | 0,07 |
| 11029 | Beans, kidney, mature seeds, sprouted, raw | 0,07 |
| 11478 | Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt | 0,07 |
| 11644 | Squash, winter, all varieties, cooked, baked, without salt | 0,07 |
| 11861 | Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt | 0,07 |
| 11863 | Squash, winter, all varieties, cooked, baked, with salt | 0,07 |
| 16021 | Beans, cranberry (roman), mature seeds, canned | 0,07 |
| 16033 | Beans, kidney, red, mature seeds, cooked, boiled, without salt | 0,07 |
| 16328 | Beans, kidney, all types, mature seeds, cooked, boiled, with salt | 0,07 |
| 16333 | Beans, kidney, red, mature seeds, cooked, boiled, with salt | 0,07 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11304 | Peas, green, raw | 0,07 |
| 14222 | Beverages, coffee, instant, with chicory | 0,07 |
| 16006 | Beans, baked, canned, plain or vegetarian | 0,07 |
| 03121 | Babyfood, vegetables, peas, strained | 0,07 |
| 08488 | Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry | 0,07 |
| 09008 | Apples, canned, sweetened, sliced, drained, heated | 0,07 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 0,07 |
| 11568 | Turnip greens, raw | 0,07 |
| 11570 | Turnip greens, canned, solids and liquids | 0,07 |
| 11761 | Cauliflower, cooked, boiled, drained, with salt | 0,07 |
| 14153 | Beverages, carbonated, pepper-type, contains caffeine | 0,07 |
| 19177 | Gelatins, dry powder, unsweetened | 0,07 |
| 43387 | Turnip greens, canned, no salt added | 0,07 |
| 09278 | Plantains, cooked | 0,07 |
| 11001 | Alfalfa seeds, sprouted, raw | 0,07 |
| 11026 | Bamboo shoots, raw | 0,07 |
| 11647 | Sweet potato, canned, syrup pack, drained solids | 0,07 |
| 09001 | Acerola, (west indian cherry), raw | 0,07 |
| 09002 | Acerola juice, raw | 0,07 |
| 09006 | Apples, raw, without skin, cooked, microwave | 0,07 |
| 09063 | Cherries, sour, red, raw | 0,07 |
| 09515 | Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS | 0,07 |
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 0,07 |
| 11324 | Peas and onions, canned, solids and liquids | 0,07 |
| 11716 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt | 0,07 |
| 09287 | Prickly pears, raw | 0,07 |
| 11118 | Cabbage, kimchi | 0,07 |
| 11940 | Pickles, cucumber, sweet (includes bread and butter pickles) | 0,07 |
| 11948 | Pickles, cucumber, sweet, low sodium (includes bread and butter pickles) | 0,07 |
| 08091 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 0,07 |
| 08105 | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt | 0,07 |
| 08113 | Cereals, farina, enriched, cooked with water, without salt | 0,07 |
| 08161 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt | 0,07 |
| 08173 | Cereals, farina, enriched, cooked with water, with salt | 0,07 |
| 11033 | Lima beans, immature seeds, canned, regular pack, solids and liquids | 0,07 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11201 | Cowpeas, leafy tips, raw | 0,07 |
| 11312 | Peas, green, frozen, unprepared | 0,07 |
| 11715 | Lima beans, immature seeds, canned, no salt added, solids and liquids | 0,07 |
| 11774 | Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt | 0,07 |
| 11911 | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt | 0,07 |
| 11912 | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt | 0,07 |
| 16053 | Broadbeans (fava beans), mature seeds, cooked, boiled, without salt | 0,07 |
| 16353 | Broadbeans (fava beans), mature seeds, cooked, boiled, with salt | 0,07 |
| 09520 | Kiwifruit, ZESPRI SunGold, raw | 0,06 |
| 11174 | Corn, sweet, yellow, canned, cream style, regular pack | 0,06 |
| 11240 | Mushrooms, morel, raw | 0,06 |
| 11280 | Okra, frozen, unprepared | 0,06 |
| 11426 | Pumpkin pie mix, canned | 0,06 |
| 11506 | Sweet potato leaves, cooked, steamed, without salt | 0,06 |
| 11772 | Corn, sweet, yellow, canned, cream style, no salt added | 0,06 |
| 11874 | Sweet potato leaves, cooked, steamed, with salt | 0,06 |
| 11906 | Corn, sweet, white, canned, cream style, regular pack | 0,06 |
| 11907 | Corn, sweet, white, canned, cream style, no salt added | 0,06 |
| 16035 | Beans, kidney, royal red, mature seeds, raw | 0,06 |
| 09125 | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 0,06 |
| 09185 | Melon balls, frozen | 0,06 |
| 11053 | Beans, snap, green, cooked, boiled, drained, without salt | 0,06 |
| 11243 | Mushrooms, portabella, grilled | 0,06 |
| 11468 | Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt | 0,06 |
| 11642 | Squash, summer, all varieties, cooked, boiled, drained, without salt | 0,06 |
| 11723 | Beans, snap, green, cooked, boiled, drained, with salt | 0,06 |
| 11724 | Beans, snap, yellow, cooked, boiled, drained, without salt | 0,06 |
| 11725 | Beans, snap, yellow, cooked, boiled, drained, with salt | 0,06 |
| 11857 | Squash, summer, all varieties, cooked, boiled, drained, with salt | 0,06 |
| 11858 | Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt | 0,06 |
| 11236 | Kale, frozen, cooked, boiled, drained, without salt | 0,06 |
| 11281 | Okra, frozen, cooked, boiled, drained, without salt | 0,06 |
| 11457 | Spinach, raw | 0,06 |
| 11791 | Kale, frozen, cooked, boiled, drained, with salt | 0,06 |
| 11804 | Okra, frozen, cooked, boiled, drained, with salt | 0,06 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16099 | Peanut flour, defatted | 0,06 |
| 09095 | Figs, dried, stewed | 0,06 |
| 11098 | Brussels sprouts, raw | 0,06 |
| 11493 | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt | 0,06 |
| 11813 | Peas, green, canned, no salt added, drained solids | 0,06 |
| 11870 | Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt | 0,06 |
| 11987 | Mushrooms, oyster, raw | 0,06 |
| 15178 | Mollusks, whelk, unspecified, cooked, moist heat | 0,06 |
| 27002 | Soup, wonton, Chinese restaurant | 0,06 |
| 31034 | Peppers, hot pickled, canned | 0,06 |
| 11048 | Beans, pinto, immature seeds, frozen, unprepared | 0,06 |
| 11261 | Mushrooms, white, cooked, boiled, drained, without salt | 0,06 |
| 11446 | Seaweed, laver, raw | 0,06 |
| 11797 | Mushrooms, white, cooked, boiled, drained, with salt | 0,06 |
| 02045 | Dill weed, fresh | 0,06 |
| 03293 | Babyfood, plums, bananas and rice, strained | 0,06 |
| 08145 | Cereals, whole wheat hot natural cereal, cooked with water, without salt | 0,06 |
| 08164 | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 0,06 |
| 08165 | Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt | 0,06 |
| 08183 | Cereals, whole wheat hot natural cereal, cooked with water, with salt | 0,06 |
| 09017 | Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid | 0,06 |
| 09089 | Figs, raw | 0,06 |
| 09410 | Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid | 0,06 |
| 11164 | Collards, frozen, chopped, cooked, boiled, drained, without salt | 0,06 |
| 11265 | Mushrooms, portabella, raw | 0,06 |
| 11459 | Spinach, canned, regular pack, solids and liquids | 0,06 |
| 11855 | Spinach, canned, no salt added, solids and liquids | 0,06 |
| 11952 | Radicchio, raw | 0,06 |
| 11998 | Mushrooms, portabella, exposed to ultraviolet light, raw | 0,06 |
| 42281 | Gums, seed gums (includes locust bean, guar) | 0,06 |
| 09213 | Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium | 0,06 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 0,06 |
| 09231 | Passion-fruit, (granadilla), purple, raw | 0,06 |
| 09289 | Prunes, dehydrated (low-moisture), uncooked | 0,06 |
| 11235 | Kale, frozen, unprepared | 0,06 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11977 | Peppers, serrano, raw | 0,06 |
| 03225 | Babyfood, dessert, cherry vanilla pudding, junior | 0,06 |
| 09005 | Apples, raw, without skin, cooked, boiled | 0,06 |
| 09298 | Raisins, seedless | 0,06 |
| 11049 | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt | 0,06 |
| 11302 | Peas, edible-podded, frozen, unprepared | 0,06 |
| 11333 | Peppers, sweet, green, raw | 0,06 |
| 11720 | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt | 0,06 |
| 43060 | Chewing gum, sugarless | 0,06 |
| 43550 | Babyfood, banana apple dessert, strained | 0,06 |
| 20051 | Rice, white, medium-grain, enriched, cooked | 0,06 |
| 20451 | Rice, white, medium-grain, cooked, unenriched | 0,06 |
| 01112 | Whey, acid, fluid | 0,06 |
| 06480 | Soup, chicken broth or bouillon, dry, prepared with water | 0,06 |
| 11097 | Broccoli raab, cooked | 0,06 |
| 11248 | Lentils, sprouted, raw | 0,06 |
| 11326 | Peas and onions, frozen, unprepared | 0,06 |
| 01085 | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) | 0,06 |
| 06559 | Soup, tomato, canned, prepared with equal volume water, commercial | 0,06 |
| 15271 | Crustaceans, shrimp, cooked (not previously frozen) | 0,06 |
| 19116 | Candies, marshmallows | 0,06 |
| 19365 | Toppings, marshmallow cream | 0,06 |
| 11161 | Collards, raw | 0,06 |
| 11559 | Tomato products, canned, sauce, with tomato tidbits | 0,06 |
| 09132 | Grapes, red or green (European type, such as Thompson seedless), raw | 0,05 |
| 11376 | Potatoes, canned, drained solids | 0,05 |
| 11740 | Broccoli, flower clusters, raw | 0,05 |
| 11741 | Broccoli, stalks, raw | 0,05 |
| 11812 | Peas, green, canned, no salt added, solids and liquids | 0,05 |
| 11945 | Pickle relish, sweet | 0,05 |
| 16086 | Peas, split, mature seeds, cooked, boiled, without salt | 0,05 |
| 16386 | Peas, split, mature seeds, cooked, boiled, with salt | 0,05 |
| 03934 | Babyfood, corn and sweet potatoes, strained | 0,05 |
| 09014 | Apples, frozen, unsweetened, unheated | 0,05 |
| 09015 | Apples, frozen, unsweetened, heated | 0,05 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 09054 | Blueberries, frozen, unsweetened | 0,05 |
| 09307 | Rhubarb, raw | 0,05 |
| 09508 | Fruit juice smoothie, NAKED JUICE, GREEN MACHINE | 0,05 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 0,05 |
| 11623 | Kale, scotch, cooked, boiled, drained, without salt | 0,05 |
| 11792 | Kale, scotch, cooked, boiled, drained, with salt | 0,05 |
| 11891 | Turnip greens, cooked, boiled, drained, with salt | 0,05 |
| 15267 | Fish, pollock, Alaska, cooked (not previously frozen) | 0,05 |
| 16070 | Lentils, mature seeds, cooked, boiled, without salt | 0,05 |
| 16370 | Lentils, mature seeds, cooked, boiled, with salt | 0,05 |
| 19294 | Fruit butters, apple | 0,05 |
| 42316 | Babyfood, carrots, toddler | 0,05 |
| 06168 | Sauce, ready-to-serve, pepper or hot | 0,05 |
| 09011 | Apples, dried, sulfured, uncooked | 0,05 |
| 11018 | Asparagus, frozen, unprepared | 0,05 |
| 11094 | Broccoli, frozen, spears, unprepared | 0,05 |
| 11234 | Kale, cooked, boiled, drained, without salt | 0,05 |
| 11245 | Lambsquarters, cooked, boiled, drained, without salt | 0,05 |
| 11422 | Pumpkin, raw | 0,05 |
| 11508 | Sweet potato, cooked, baked in skin, flesh, without salt | 0,05 |
| 11790 | Kale, cooked, boiled, drained, with salt | 0,05 |
| 11794 | Lambsquarters, cooked, boiled, drained, with salt | 0,05 |
| 11875 | Sweet potato, cooked, baked in skin, flesh, with salt | 0,05 |
| 11941 | Pickles, cucumber, sour | 0,05 |
| 11946 | Pickles, cucumber, sour, low sodium | 0,05 |
| 11958 | Pickle relish, hamburger | 0,05 |
| 16121 | Soy protein concentrate, produced by alcohol extraction | 0,05 |
| 16420 | Soy protein concentrate, produced by acid wash | 0,05 |
| 01151 | Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim) | 0,05 |
| 08574 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt | 0,05 |
| 09181 | Melons, cantaloupe, raw | 0,05 |
| 09315 | Soursop, raw | 0,05 |
| 11027 | Bamboo shoots, cooked, boiled, drained, without salt | 0,05 |
| 11579 | Vegetables, mixed, canned, solids and liquids | 0,05 |
| 11581 | Vegetables, mixed, canned, drained solids | 0,05 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11712 | Bamboo shoots, cooked, boiled, drained, with salt | 0,05 |
| 20053 | Rice, white, short-grain, enriched, cooked | 0,05 |
| 20453 | Rice, white, short-grain, cooked, unenriched | 0,05 |
| 27046 | Sauce, duck, ready-to-serve | 0,05 |
| 43311 | Potatoes, canned, drained solids, no salt added | 0,05 |
| 19310 | Pectin, unsweetened, dry mix | 0,05 |
| 31020 | Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated | 0,05 |
| 06316 | Soup, HEALTHY CHOICE Garden Vegetable Soup, canned | 0,05 |
| 11004 | Amaranth leaves, cooked, boiled, drained, without salt | 0,05 |
| 11052 | Beans, snap, green, raw | 0,05 |
| 11096 | Broccoli raab, raw | 0,05 |
| 11260 | Mushrooms, white, raw | 0,05 |
| 11269 | Mushrooms, shiitake, cooked, without salt | 0,05 |
| 11298 | Parsnips, raw | 0,05 |
| 11299 | Parsnips, cooked, boiled, drained, without salt | 0,05 |
| 11700 | Amaranth leaves, cooked, boiled, drained, with salt | 0,05 |
| 11798 | Mushrooms, shiitake, cooked, with salt | 0,05 |
| 11808 | Parsnips, cooked, boiled, drained, with salt | 0,05 |
| 11938 | Mushroom, white, exposed to ultraviolet light, raw | 0,05 |
| 20089 | Wild rice, cooked | 0,05 |
| 11313 | Peas, green, frozen, cooked, boiled, drained, without salt | 0,05 |
| 11318 | Peas and carrots, canned, regular pack, solids and liquids | 0,05 |
| 11814 | Peas, green, frozen, cooked, boiled, drained, with salt | 0,05 |
| 11816 | Peas and carrots, canned, no salt added, solids and liquids | 0,05 |
| 11968 | Cauliflower, green, cooked, with salt | 0,05 |
| 09059 | Breadfruit, raw | 0,05 |
| 09077 | Crabapples, raw | 0,05 |
| 09321 | Sugar-apples, (sweetsop), raw | 0,05 |
| 11012 | Asparagus, cooked, boiled, drained | 0,05 |
| 11154 | Chicory roots, raw | 0,05 |
| 11163 | Collards, frozen, chopped, unprepared | 0,05 |
| 11213 | Endive, raw | 0,05 |
| 11310 | Peas, green, canned, seasoned, solids and liquids | 0,05 |
| 11705 | Asparagus, cooked, boiled, drained, with salt | 0,05 |
| 11976 | Pepper, banana, raw | 0,05 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15269 | Fish, cod, Pacific, cooked (not previously frozen) | 0,05 |
| 09229 | Papaya nectar, canned | 0,05 |
| 11060 | Beans, snap, green, frozen, all styles, unprepared | 0,05 |
| 11062 | Beans, snap, green, frozen, all styles, microwaved | 0,05 |
| 11130 | Carrots, frozen, unprepared | 0,05 |
| 11162 | Collards, cooked, boiled, drained, without salt | 0,05 |
| 11730 | Beans, snap, yellow, frozen, all styles, unprepared | 0,05 |
| 11768 | Collards, cooked, boiled, drained, with salt | 0,05 |
| 11965 | Cauliflower, green, raw | 0,05 |
| 14368 | Beverages, tea, instant, lemon, unsweetened | 0,05 |
| 11043 | Mung beans, mature seeds, sprouted, raw | 0,05 |
| 11981 | Peppers, hungarian, raw | 0,05 |
| 06067 | Soup, chunky vegetable, canned, ready-to-serve | 0,04 |
| 06150 | Sauce, barbecue | 0,04 |
| 06972 | Sauce, tomato chili sauce, bottled, with salt | 0,04 |
| 09245 | Peaches, dehydrated (low-moisture), sulfured, stewed | 0,04 |
| 11058 | Beans, snap, canned, all styles, seasoned, solids and liquids | 0,04 |
| 11237 | Kanpyo, (dried gourd strips) | 0,04 |
| 11279 | Okra, cooked, boiled, drained, without salt | 0,04 |
| 11335 | Peppers, sweet, green, canned, solids and liquids | 0,04 |
| 11803 | Okra, cooked, boiled, drained, with salt | 0,04 |
| 11916 | Peppers, sweet, red, canned, solids and liquids | 0,04 |
| 11943 | Pimento, canned | 0,04 |
| 03093 | Babyfood, green beans, dices, toddler | 0,04 |
| 11013 | Asparagus, canned, regular pack, solids and liquids | 0,04 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 0,04 |
| 11092 | Broccoli, frozen, chopped, unprepared | 0,04 |
| 11210 | Eggplant, cooked, boiled, drained, without salt | 0,04 |
| 11301 | Peas, edible-podded, boiled, drained, without salt | 0,04 |
| 11641 | Squash, summer, all varieties, raw | 0,04 |
| 11731 | Beans, snap, green, frozen, cooked, boiled, drained, with salt | 0,04 |
| 11732 | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt | 0,04 |
| 11733 | Beans, snap, yellow, frozen, cooked, boiled, drained, with salt | 0,04 |
| 11783 | Eggplant, cooked, boiled, drained, with salt | 0,04 |
| 11809 | Peas, edible-podded, cooked, boiled, drained, with salt | 0,04 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11944 | Pickle relish, hot dog | 0,04 |
| 06176 | Sauce, oyster, ready-to-serve | 0,04 |
| 09030 | Apricots, dehydrated (low-moisture), sulfured, uncooked | 0,04 |
| 09154 | Lemon juice, frozen, unsweetened, single strength | 0,04 |
| 11119 | Cabbage, chinese (pe-tsai), raw | 0,04 |
| 11458 | Spinach, cooked, boiled, drained, without salt | 0,04 |
| 11854 | Spinach, cooked, boiled, drained, with salt | 0,04 |
| 11967 | Cauliflower, green, cooked, no salt added | 0,04 |
| 16004 | Yokan, prepared from adzuki beans and sugar | 0,04 |
| 18088 | Cake, angelfood, dry mix, prepared | 0,04 |
| 06188 | Soup, beef broth, less/reduced sodium, ready to serve | 0,04 |
| 11143 | Celery, raw | 0,04 |
| 11214 | Escarole, cooked, boiled, drained, no salt added | 0,04 |
| 11282 | Onions, raw | 0,04 |
| 11819 | Peppers, hot chili, red, raw | 0,04 |
| 19163 | Chewing gum | 0,04 |
| 20013 | Bulgur, cooked | 0,04 |
| 19225 | Desserts, rennin, tablets, unsweetened | 0,04 |
| 21380 | McDONALD'S, Fruit 'n Yogurt Parfait | 0,04 |
| 35235 | Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath) | 0,04 |
| 43217 | Tomato sauce, canned, no salt added | 0,04 |
| 02044 | Basil, fresh | 0,04 |
| 03154 | Babyfood, fruit and vegetable, apple and sweet potato | 0,04 |
| 09367 | Cherries, sweet, canned, pitted, heavy syrup, drained | 0,04 |
| 11137 | Cauliflower, frozen, unprepared | 0,04 |
| 11400 | Potatoes, frozen, whole, unprepared | 0,04 |
| 11417 | Pumpkin flowers, cooked, boiled, drained, without salt | 0,04 |
| 11438 | Salsify, cooked, boiled, drained, without salt | 0,04 |
| 11463 | Spinach, frozen, chopped or leaf, unprepared | 0,04 |
| 11475 | Squash, summer, scallop, raw | 0,04 |
| 11512 | Sweet potato, canned, vacuum pack | 0,04 |
| 11514 | Sweet potato, canned, mashed | 0,04 |
| 11518 | Taro, raw | 0,04 |
| 11549 | Tomato products, canned, sauce | 0,04 |
| 11645 | Sweet potato, canned, syrup pack, solids and liquids | 0,04 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11707 | Asparagus, canned, no salt added, solids and liquids | 0,04 |
| 11847 | Pumpkin, flowers, cooked, boiled, drained, with salt | 0,04 |
| 03147 | Babyfood, fruit, applesauce with banana, junior | 0,04 |
| 03265 | Babyfood, juice, apple and grape | 0,04 |
| 06475 | Soup, beef broth or bouillon, powder, prepared with water | 0,04 |
| 06476 | Soup, beef broth, cubed, prepared with water | 0,04 |
| 09143 | Guava sauce, cooked | 0,04 |
| 09152 | Lemon juice, raw | 0,04 |
| 09174 | Loquats, raw | 0,04 |
| 11011 | Asparagus, raw | 0,04 |
| 11054 | Beans, snap, green, canned, regular pack, solids and liquids | 0,04 |
| 11144 | Celery, cooked, boiled, drained, without salt | 0,04 |
| 11246 | Leeks, (bulb and lower leaf-portion), raw | 0,04 |
| 11263 | Mushrooms, white, stir-fried | 0,04 |
| 11474 | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt | 0,04 |
| 11693 | Tomatoes, crushed, canned | 0,04 |
| 11764 | Celery, cooked, boiled, drained, with salt | 0,04 |
| 11769 | Collards, frozen, chopped, cooked, boiled, drained, with salt | 0,04 |
| 11859 | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt | 0,04 |
| 11876 | Sweet potato, cooked, boiled, without skin, with salt | 0,04 |
| 16125 | Soy sauce made from hydrolyzed vegetable protein | 0,04 |
| 03091 | Babyfood, vegetables, green beans, strained | 0,04 |
| 03140 | Babyfood, fruit dessert, mango with tapioca | 0,04 |
| 09150 | Lemons, raw, without peel | 0,04 |
| 09156 | Lemon peel, raw | 0,04 |
| 09218 | Tangerines, (mandarin oranges), raw | 0,04 |
| 09328 | Maraschino cherries, canned, drained | 0,04 |
| 11045 | Mung beans, mature seeds, sprouted, cooked, stir-fried | 0,04 |
| 11090 | Broccoli, raw | 0,04 |
| 11251 | Lettuce, cos or romaine, raw | 0,04 |
| 11300 | Peas, edible-podded, raw | 0,04 |
| 11305 | Peas, green, cooked, boiled, drained, without salt | 0,04 |
| 11504 | Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt | 0,04 |
| 11516 | Sweet potato, frozen, unprepared | 0,04 |
| 11697 | Arrowroot, raw | 0,04 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11811 | Peas, green, cooked, boiled, drained, with salt | 0,04 |
| 15266 | Fish, pollock, Alaska, raw (not previously frozen) | 0,04 |
| 15268 | Fish, cod, Pacific, raw (not previously frozen) | 0,04 |
| 16073 | Lima beans, large, mature seeds, canned | 0,04 |
| 18087 | Cake, angelfood, dry mix | 0,04 |
| 20055 | Rice, white, glutinous, unenriched, cooked | 0,04 |
| 43312 | Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added | 0,04 |
| 06307 | Sauce, barbecue, KRAFT, original | 0,04 |
| 08107 | Cereals, CREAM OF WHEAT, instant, prepared with water, without salt | 0,04 |
| 09070 | Cherries, sweet, raw | 0,04 |
| 09107 | Gooseberries, raw | 0,04 |
| 09184 | Melons, honeydew, raw | 0,04 |
| 11231 | Jute, potherb, raw | 0,04 |
| 11264 | Mushrooms, canned, drained solids | 0,04 |
| 11649 | Tomato products, canned, sauce, spanish style | 0,04 |
| 16084 | Mungo beans, mature seeds, cooked, boiled, without salt | 0,04 |
| 16384 | Mungo beans, mature seeds, cooked, boiled, with salt | 0,04 |
| 04367 | Salad dressing, french dressing, fat-free | 0,04 |
| 11124 | Carrots, raw | 0,04 |
| 11205 | Cucumber, with peel, raw | 0,04 |
| 11423 | Pumpkin, cooked, boiled, drained, without salt | 0,04 |
| 11601 | Yam, raw | 0,04 |
| 11757 | Carrots, cooked, boiled, drained, with salt | 0,04 |
| 11845 | Pumpkin, cooked, boiled, drained, with salt | 0,04 |
| 11939 | Mushrooms, portabella, exposed to ultraviolet light, grilled | 0,04 |
| 14548 | Beverages, tea, instant, lemon, with added ascorbic acid | 0,04 |
| 16054 | Broadbeans (fava beans), mature seeds, canned | 0,04 |
| 27055 | Sauce, barbecue, SWEET BABY RAY'S, original | 0,04 |
| 31033 | Ginger root, pickled, canned, with artificial sweetener | 0,04 |
| 19340 | Sugars, maple | 0,04 |
| 03100 | Babyfood, vegetables, carrots, junior | 0,04 |
| 03156 | Babyfood, fruit, bananas and pineapple with tapioca, junior | 0,04 |
| 11007 | Artichokes, (globe or french), raw | 0,04 |
| 11120 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt | 0,04 |
| 11128 | Carrots, canned, regular pack, drained solids | 0,04 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11327 | Peas and onions, frozen, cooked, boiled, drained, without salt | 0,04 |
| 11416 | Pumpkin flowers, raw | 0,04 |
| 11696 | Tomatoes, yellow, raw | 0,04 |
| 11755 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt | 0,04 |
| 11759 | Carrots, canned, no salt added, drained solids | 0,04 |
| 11818 | Peas and onions, frozen, cooked, boiled, drained, with salt | 0,04 |
| 11856 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt | 0,04 |
| 16002 | Beans, adzuki, mature seeds, cooked, boiled, without salt | 0,04 |
| 16030 | Beans, kidney, california red, mature seeds, raw | 0,04 |
| 16302 | Beans, adzuki, mature seed, cooked, boiled, with salt | 0,04 |
| 03129 | Babyfood, fruit, bananas with tapioca, strained | 0,04 |
| 03172 | Babyfood, juice, orange | 0,04 |
| 03268 | Babyfood, juice, apple and cherry | 0,04 |
| 03283 | Babyfood, vegetables, garden vegetable, strained | 0,04 |
| 06170 | Soup, stock, beef, home-prepared | 0,04 |
| 09133 | Grapes, canned, thompson seedless, water pack, solids and liquids | 0,04 |
| 09201 | Oranges, raw, California, valencias | 0,04 |
| 09205 | Oranges, raw, with peel | 0,04 |
| 09259 | Pears, dried, sulfured, uncooked | 0,04 |
| 11355 | Potatoes, red, flesh and skin, raw | 0,04 |
| 11476 | Squash, summer, scallop, cooked, boiled, drained, without salt | 0,04 |
| 11860 | Squash, summer, scallop, cooked, boiled, drained, with salt | 0,04 |
| 16424 | Soy sauce made from soy and wheat (shoyu), low sodium | 0,04 |
| 09073 | Cherries, sweet, canned, light syrup pack, solids and liquids | 0,03 |
| 09074 | Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids | 0,03 |
| 09083 | Currants, european black, raw | 0,03 |
| 11109 | Cabbage, raw | 0,03 |
| 11138 | Cauliflower, frozen, cooked, boiled, drained, without salt | 0,03 |
| 11209 | Eggplant, raw | 0,03 |
| 11439 | Sauerkraut, canned, solids and liquids | 0,03 |
| 11531 | Tomatoes, red, ripe, canned, packed in tomato juice | 0,03 |
| 11674 | Potatoes, baked, flesh and skin, without salt | 0,03 |
| 11762 | Cauliflower, frozen, cooked, boiled, drained, with salt | 0,03 |
| 11828 | Potatoes, baked, flesh and skin, with salt | 0,03 |
| 11885 | Tomatoes, red, ripe, canned, packed in tomato juice, no salt added | 0,03 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15232 | Fish, roughy, orange, cooked, dry heat | 0,03 |
| 43057 | Candies, gum drops, no sugar or low calorie (sorbitol) | 0,03 |
| 03152 | Babyfood, fruit, apple and raspberry, strained | 0,03 |
| 08103 | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt | 0,03 |
| 08169 | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt | 0,03 |
| 09075 | Cherries, sweet, canned, extra heavy syrup pack, solids and liquids | 0,03 |
| 09134 | Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids | 0,03 |
| 11444 | Seaweed, irishmoss, raw | 0,03 |
| 11620 | Drumstick pods, raw | 0,03 |
| 14241 | Beverages, cranberry-grape juice drink, bottled | 0,03 |
| 03116 | Babyfood, fruit, applesauce, strained | 0,03 |
| 03153 | Babyfood, fruit, apple and raspberry, junior | 0,03 |
| 09087 | Dates, deglet noor | 0,03 |
| 11023 | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt | 0,03 |
| 11276 | New Zealand spinach, raw | 0,03 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 0,03 |
| 11356 | Potatoes, Russet, flesh and skin, baked | 0,03 |
| 11429 | Radishes, raw | 0,03 |
| 11576 | Turnip greens and turnips, frozen, unprepared | 0,03 |
| 16227 | Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D | 0,03 |
| 16338 | Beans, navy, mature seeds, cooked, boiled, with salt | 0,03 |
| 20523 | Spaghetti, protein-fortified, cooked, enriched (n x 6.25) | 0,03 |
| 06615 | Soup, SWANSON, vegetable broth | 0,03 |
| 11087 | Beet greens, cooked, boiled, drained, without salt | 0,03 |
| 11283 | Onions, cooked, boiled, drained, without salt | 0,03 |
| 11337 | Peppers, sweet, green, frozen, chopped, unprepared | 0,03 |
| 11510 | Sweet potato, cooked, boiled, without skin | 0,03 |
| 11584 | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 0,03 |
| 11621 | Drumstick pods, cooked, boiled, drained, without salt | 0,03 |
| 11736 | Beet greens, cooked, boiled, drained, with salt | 0,03 |
| 11766 | Chayote, fruit, cooked, boiled, drained, with salt | 0,03 |
| 11805 | Onions, cooked, boiled, drained, with salt | 0,03 |
| 11894 | Vegetables, mixed, frozen, cooked, boiled, drained, with salt | 0,03 |
| 11917 | Peppers, sweet, red, frozen, chopped, unprepared | 0,03 |
| 11951 | Peppers, sweet, yellow, raw | 0,03 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 15177 | Mollusks, whelk, unspecified, raw | 0,03 |
| 06481 | Soup, chicken broth cubes, dry, prepared with water | 0,03 |
| 06611 | Soup, SWANSON, beef broth, lower sodium | 0,03 |
| 08512 | Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt | 0,03 |
| 09020 | Applesauce, canned, sweetened, without salt (includes USDA commodity) | 0,03 |
| 09053 | Blueberries, wild, frozen | 0,03 |
| 09076 | Cherries, sweet, frozen, sweetened | 0,03 |
| 09402 | Applesauce, canned, sweetened, with salt | 0,03 |
| 11125 | Carrots, cooked, boiled, drained, without salt | 0,03 |
| 11147 | Chard, swiss, raw | 0,03 |
| 11232 | Jute, potherb, cooked, boiled, drained, without salt | 0,03 |
| 11254 | Lotus root, raw | 0,03 |
| 11267 | Mushrooms, shiitake, stir-fried | 0,03 |
| 11430 | Radishes, oriental, raw | 0,03 |
| 11553 | Tomato products, canned, sauce, with onions | 0,03 |
| 11637 | Radishes, white icicle, raw | 0,03 |
| 11789 | Jute, potherb, cooked, boiled, drained, with salt | 0,03 |
| 11993 | Mushrooms, maitake, raw | 0,03 |
| 14168 | Beverages, Carob-flavor beverage mix, powder | 0,03 |
| 42266 | Babyfood, juice, apple-sweet potato | 0,03 |
| 43585 | Babyfood, fruit supreme dessert | 0,03 |
| 20029 | Couscous, cooked | 0,03 |
| 09148 | Kiwifruit, green, raw | 0,03 |
| 09309 | Rhubarb, frozen, uncooked | 0,03 |
| 09434 | Guanabana nectar, canned | 0,03 |
| 09517 | Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium | 0,03 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 0,03 |
| 11334 | Peppers, sweet, green, cooked, boiled, drained, without salt | 0,03 |
| 11349 | Poi | 0,03 |
| 11374 | Potatoes, canned, solids and liquids | 0,03 |
| 11436 | Rutabagas, cooked, boiled, drained, without salt | 0,03 |
| 11473 | Squash, summer, crookneck and straightneck, frozen, unprepared | 0,03 |
| 11483 | Squash, winter, acorn, cooked, baked, without salt | 0,03 |
| 11547 | Tomato products, canned, puree, without salt added | 0,03 |
| 11602 | Yam, cooked, boiled, drained, or baked, without salt | 0,03 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11822 | Peppers, sweet, green, cooked, boiled, drained, with salt | 0,03 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | 0,03 |
| 11824 | Peppers, sweet, red, cooked, boiled, drained, with salt | 0,03 |
| 11851 | Rutabagas, cooked, boiled, drained, with salt | 0,03 |
| 11864 | Squash, winter, acorn, cooked, baked, with salt | 0,03 |
| 11888 | Tomato products, canned, puree, with salt added | 0,03 |
| 11897 | Yam, cooked, boiled, drained, or baked, with salt | 0,03 |
| 03143 | Babyfood, fruit, applesauce and apricots, junior | 0,03 |
| 06700 | Soup, vegetable broth, ready to serve | 0,03 |
| 09003 | Apples, raw, with skin | 0,03 |
| 09050 | Blueberries, raw | 0,03 |
| 09071 | Cherries, sweet, canned, water pack, solids and liquids | 0,03 |
| 09085 | Currants, zante, dried | 0,03 |
| 09352 | Blueberries, canned, light syrup, drained | 0,03 |
| 11081 | Beets, cooked, boiled, drained | 0,03 |
| 11149 | Chayote, fruit, raw | 0,03 |
| 11527 | Tomatoes, green, raw | 0,03 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 0,03 |
| 11734 | Beets, cooked, boiled. drained, with salt | 0,03 |
| 11980 | Peppers, chili, green, canned | 0,03 |
| 12203 | Nuts, chestnuts, japanese, boiled and steamed | 0,03 |
| 08101 | Cereals, CREAM OF RICE, cooked with water, without salt | 0,03 |
| 09021 | Apricots, raw | 0,03 |
| 09052 | Blueberries, canned, heavy syrup, solids and liquids | 0,03 |
| 09153 | Lemon juice from concentrate, canned or bottled | 0,03 |
| 09190 | Mulberries, raw | 0,03 |
| 09524 | Lemon juice from concentrate, bottled, REAL LEMON | 0,03 |
| 11080 | Beets, raw | 0,03 |
| 11116 | Cabbage, chinese (pak-choi), raw | 0,03 |
| 11221 | Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt | 0,03 |
| 11247 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 0,03 |
| 11277 | New Zealand spinach, cooked, boiled, drained, without salt | 0,03 |
| 11435 | Rutabagas, raw | 0,03 |
| 11479 | Squash, summer, zucchini, includes skin, frozen, unprepared | 0,03 |
| 11480 | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt | 0,03 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11591 | Watercress, raw | 0,03 |
| 11643 | Squash, winter, all varieties, raw | 0,03 |
| 11655 | Carrot juice, canned | 0,03 |
| 11785 | Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt | 0,03 |
| 11795 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt | 0,03 |
| 11802 | New zealand spinach, cooked, boiled, drained, with salt | 0,03 |
| 11821 | Peppers, sweet, red, raw | 0,03 |
| 11825 | Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt | 0,03 |
| 11862 | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt | 0,03 |
| 11918 | Peppers, sweet, red, frozen, chopped, boiled, drained, without salt | 0,03 |
| 11919 | Peppers, sweet, red, frozen, chopped, boiled, drained, with salt | 0,03 |
| 31032 | Vegetable smoothie, NAKED JUICE, KALE BLAZER | 0,03 |
| 09161 | Lime juice, canned or bottled, unsweetened | 0,03 |
| 09247 | Peaches, dried, sulfured, stewed, without added sugar | 0,03 |
| 11200 | Yardlong bean, cooked, boiled, drained, without salt | 0,03 |
| 11202 | Cowpeas, leafy tips, cooked, boiled, drained, without salt | 0,03 |
| 11278 | Okra, raw | 0,03 |
| 11353 | Potatoes, russet, flesh and skin, raw | 0,03 |
| 11354 | Potatoes, white, flesh and skin, raw | 0,03 |
| 11358 | Potatoes, red, flesh and skin, baked | 0,03 |
| 11362 | Potatoes, raw, skin | 0,03 |
| 11363 | Potatoes, baked, flesh, without salt | 0,03 |
| 11364 | Potatoes, baked, skin, without salt | 0,03 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 0,03 |
| 11366 | Potatoes, boiled, cooked in skin, skin, without salt | 0,03 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 0,03 |
| 11368 | Potatoes, microwaved, cooked in skin, flesh, without salt | 0,03 |
| 11369 | Potatoes, microwaved, cooked in skin, skin, without salt | 0,03 |
| 11533 | Tomatoes, red, ripe, canned, stewed | 0,03 |
| 11588 | Waterchestnuts, chinese, (matai), raw | 0,03 |
| 11675 | Potatoes, microwaved, cooked in skin, flesh and skin, without salt | 0,03 |
| 11722 | Beans, snap, yellow, raw | 0,03 |
| 11780 | Cowpeas, leafy tips, cooked, boiled, drained, with salt | 0,03 |
| 11829 | Potatoes, baked, flesh, with salt | 0,03 |
| 11830 | Potatoes, baked, skin only, with salt | 0,03 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11831 | Potatoes, boiled, cooked in skin, flesh, with salt | 0,03 |
| 11832 | Potatoes, boiled, cooked in skin, skin, with salt | 0,03 |
| 11833 | Potatoes, boiled, cooked without skin, flesh, with salt | 0,03 |
| 11834 | Potatoes, microwaved, cooked, in skin, flesh and skin, with salt | 0,03 |
| 11835 | Potatoes, microwaved, cooked in skin, flesh, with salt | 0,03 |
| 11836 | Potatoes, microwaved, cooked, in skin, skin with salt | 0,03 |
| 11877 | Sweet potato, frozen, cooked, baked, with salt | 0,03 |
| 11899 | Yardlong bean, cooked, boiled, drained, with salt | 0,03 |
| 14542 | Lemonade, frozen concentrate, pink | 0,03 |
| 03221 | Babyfood, dessert, dutch apple, junior | 0,02 |
| 09130 | Grape juice, canned or bottled, unsweetened, with added ascorbic acid | 0,02 |
| 09135 | Grape juice, canned or bottled, unsweetened, without added ascorbic acid | 0,02 |
| 09183 | Melons, casaba, raw | 0,02 |
| 09191 | Nectarines, raw | 0,02 |
| 09203 | Oranges, raw, Florida | 0,02 |
| 09512 | Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium | 0,02 |
| 11044 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 0,02 |
| 11104 | Burdock root, raw | 0,02 |
| 11126 | Carrots, canned, regular pack, solids and liquids | 0,02 |
| 11352 | Potatoes, flesh and skin, raw | 0,02 |
| 11517 | Sweet potato, frozen, cooked, baked, without salt | 0,02 |
| 11567 | Turnips, frozen, cooked, boiled, drained, without salt | 0,02 |
| 11695 | Tomatoes, orange, raw | 0,02 |
| 11718 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt | 0,02 |
| 11890 | Turnips, frozen, cooked, boiled, drained, with salt | 0,02 |
| 14292 | Lemonade, frozen concentrate, white | 0,02 |
| 20117 | Noodles, japanese, somen, cooked | 0,02 |
| 03142 | Babyfood, fruit, applesauce and apricots, strained | 0,02 |
| 03164 | Babyfood, fruit, apple and blueberry, strained | 0,02 |
| 03165 | Babyfood, fruit, apple and blueberry, junior | 0,02 |
| 09206 | Orange juice, raw | 0,02 |
| 09216 | Orange peel, raw | 0,02 |
| 09221 | Tangerine juice, raw | 0,02 |
| 09248 | Peaches, dried, sulfured, stewed, with added sugar | 0,02 |
| 11151 | Chicory, witloof, raw | 0,02 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11758 | Carrots, canned, no salt added, solids and liquids | 0,02 |
| 14305 | Malt beverage, includes non-alcoholic beer | 0,02 |
| 16036 | Beans, kidney, royal red, mature seeds, cooked, boiled, without salt | 0,02 |
| 16336 | Beans, kidney, royal red, mature seeds, cooked, boiled with salt | 0,02 |
| 03092 | Babyfood, vegetables, green beans, junior | 0,02 |
| 09064 | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 0,02 |
| 09088 | Elderberries, raw | 0,02 |
| 09443 | Juice, apple and grape blend, with added ascorbic acid | 0,02 |
| 09519 | Guava nectar, with sucralose, canned | 0,02 |
| 11050 | Beans, shellie, canned, solids and liquids | 0,02 |
| 11105 | Burdock root, cooked, boiled, drained, without salt | 0,02 |
| 11203 | Cress, garden, raw | 0,02 |
| 11481 | Squash, summer, zucchini, italian style, canned | 0,02 |
| 11519 | Taro, cooked, without salt | 0,02 |
| 11726 | Beans, snap, green, canned, no salt added, solids and liquids | 0,02 |
| 11727 | Beans, snap, yellow, canned, regular pack, solids and liquids | 0,02 |
| 11728 | Beans, snap, yellow, canned, no salt added, solids and liquids | 0,02 |
| 11749 | Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw | 0,02 |
| 11750 | Cabbage, common (danish, domestic, and pointed types), stored, raw | 0,02 |
| 11878 | Taro, cooked, with salt | 0,02 |
| 11960 | Carrots, baby, raw | 0,02 |
| 20134 | Rice noodles, cooked | 0,02 |
| 09016 | Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 0,02 |
| 09065 | Cherries, sour, red, canned, light syrup pack, solids and liquids | 0,02 |
| 09159 | Limes, raw | 0,02 |
| 09252 | Pears, raw | 0,02 |
| 09400 | Apple juice, canned or bottled, unsweetened, with added ascorbic acid | 0,02 |
| 11084 | Beets, canned, drained solids | 0,02 |
| 11158 | Chrysanthemum, garland, cooked, boiled, drained, without salt | 0,02 |
| 11258 | Mountain yam, hawaii, raw | 0,02 |
| 11357 | Potatoes, white, flesh and skin, baked | 0,02 |
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 0,02 |
| 11933 | Beans, snap, yellow, canned, no salt added, drained solids | 0,02 |
| 14425 | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water | 0,02 |
| 03108 | Babyfood, vegetables, sweet potatoes strained | 0,02 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 03109 | Babyfood, vegetables, sweet potatoes, junior | 0,02 |
| 06164 | Sauce, salsa, ready-to-serve | 0,02 |
| 09004 | Apples, raw, without skin | 0,02 |
| 09066 | Cherries, sour, red, canned, heavy syrup pack, solids and liquids | 0,02 |
| 09067 | Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids | 0,02 |
| 09112 | Grapefruit, raw, pink and red, all areas | 0,02 |
| 09444 | Juice, apple, grape and pear blend, with added ascorbic acid and calcium | 0,02 |
| 11112 | Cabbage, red, raw | 0,02 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 0,02 |
| 11255 | Lotus root, cooked, boiled, drained, without salt | 0,02 |
| 11482 | Squash, winter, acorn, raw | 0,02 |
| 11485 | Squash, winter, butternut, raw | 0,02 |
| 11487 | Squash, winter, butternut, frozen, unprepared | 0,02 |
| 11603 | Yambean (jicama), raw | 0,02 |
| 11670 | Peppers, hot chili, green, raw | 0,02 |
| 11754 | Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt | 0,02 |
| 11796 | Lotus root, cooked, boiled, drained, with salt | 0,02 |
| 14406 | Beverages, fruit punch juice drink, frozen concentrate, prepared with water | 0,02 |
| 03104 | Babyfood, vegetables, squash, strained | 0,02 |
| 03105 | Babyfood, vegetables, squash, junior | 0,02 |
| 03115 | Babyfood, apples, dices, toddler | 0,02 |
| 03130 | Babyfood, fruit, peaches, strained | 0,02 |
| 03131 | Babyfood, fruit, peaches, junior | 0,02 |
| 03139 | Babyfood, prunes, without vitamin c, strained | 0,02 |
| 03222 | Babyfood, cherry cobbler, junior | 0,02 |
| 03267 | Babyfood, juice, fruit punch, with calcium | 0,02 |
| 08168 | Cereals, CREAM OF RICE, cooked with water, with salt | 0,02 |
| 09010 | Apples, dehydrated (low moisture), sulfured, stewed | 0,02 |
| 09090 | Figs, canned, water pack, solids and liquids | 0,02 |
| 09091 | Figs, canned, light syrup pack, solids and liquids | 0,02 |
| 09092 | Figs, canned, heavy syrup pack, solids and liquids | 0,02 |
| 09093 | Figs, canned, extra heavy syrup pack, solids and liquids | 0,02 |
| 09263 | Persimmons, japanese, raw | 0,02 |
| 09290 | Prunes, dehydrated (low-moisture), stewed | 0,02 |
| 09435 | Guava nectar, canned, with added ascorbic acid | 0,02 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11086 | Beet greens, raw | 0,02 |
| 11204 | Cress, garden, cooked, boiled, drained, without salt | 0,02 |
| 11253 | Lettuce, green leaf, raw | 0,02 |
| 11781 | Cress, garden, cooked, boiled, drained, with salt | 0,02 |
| 11950 | Mushrooms, enoki, raw | 0,02 |
| 16425 | Soy sauce, reduced sodium, made from hydrolyzed vegetable protein | 0,02 |
| 19361 | Syrups, table blends, cane and 15% maple | 0,02 |
| 21379 | McDONALD'S, Side Salad | 0,02 |
| 43535 | Babyfood, juice, apple - cherry | 0,02 |
| 20003 | Arrowroot flour | 0,02 |
| 20115 | Noodles, japanese, soba, cooked | 0,02 |
| 09060 | Carambola, (starfruit), raw | 0,02 |
| 09126 | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 0,02 |
| 09236 | Peaches, yellow, raw | 0,02 |
| 09302 | Raspberries, raw | 0,02 |
| 09325 | Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids | 0,02 |
| 11486 | Squash, winter, butternut, cooked, baked, without salt | 0,02 |
| 11540 | Tomato juice, canned, with salt added | 0,02 |
| 11866 | Squash, winter, butternut, cooked, baked, with salt | 0,02 |
| 11886 | Tomato juice, canned, without salt added | 0,02 |
| 14024 | Beverages, Whiskey sour mix, powder | 0,02 |
| 03099 | Babyfood, vegetables, carrots, strained | 0,02 |
| 03166 | Babyfood, juice, apple | 0,02 |
| 03167 | Babyfood, apple-banana juice | 0,02 |
| 03168 | Babyfood, juice, apple and peach | 0,02 |
| 03171 | Babyfood, juice, apple and prune | 0,02 |
| 03269 | Babyfood, juice, apple, with calcium | 0,02 |
| 09018 | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid | 0,02 |
| 09043 | Blackberry juice, canned | 0,02 |
| 09207 | Orange juice, canned, unsweetened | 0,02 |
| 09411 | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid | 0,02 |
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 0,02 |
| 11095 | Broccoli, frozen, spears, cooked, boiled, drained, without salt | 0,02 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 0,02 |
| 11259 | Mountain yam, hawaii, cooked, steamed, without salt | 0,02 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11507 | Sweet potato, raw, unprepared | 0,02 |
| 11522 | Taro shoots, raw | 0,02 |
| 11743 | Broccoli, frozen, chopped, cooked, boiled, drained, with salt | 0,02 |
| 11744 | Broccoli, frozen, spears, cooked, boiled, drained, with salt | 0,02 |
| 11927 | Mountain yam, hawaii, cooked, steamed, with salt | 0,02 |
| 19304 | Molasses | 0,02 |
| 19314 | Pie fillings, canned, cherry | 0,02 |
| 19360 | Syrups, table blends, pancake, with 2% maple | 0,02 |
| 19366 | Toppings, pineapple | 0,02 |
| 44259 | Puddings, all flavors except chocolate, low calorie, regular, dry mix | 0,02 |
| 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 0,02 |
| 09031 | Apricots, dehydrated (low-moisture), sulfured, stewed | 0,02 |
| 09032 | Apricots, dried, sulfured, uncooked | 0,02 |
| 09084 | Currants, red and white, raw | 0,02 |
| 09202 | Oranges, raw, navels | 0,02 |
| 09260 | Pears, dried, sulfured, stewed, without added sugar | 0,02 |
| 09279 | Plums, raw | 0,02 |
| 09293 | Plums, dried (prunes), stewed, with added sugar | 0,02 |
| 11257 | Lettuce, red leaf, raw | 0,02 |
| 11287 | Onions, frozen, chopped, unprepared | 0,02 |
| 11484 | Squash, winter, acorn, cooked, boiled, mashed, without salt | 0,02 |
| 11551 | Tomato products, canned, sauce, with mushrooms | 0,02 |
| 11566 | Turnips, frozen, unprepared | 0,02 |
| 11677 | Shallots, raw | 0,02 |
| 11865 | Squash, winter, acorn, cooked, boiled, mashed, with salt | 0,02 |
| 14651 | Beverages, fruit juice drink, greater than 3% juice, high vitamin C | 0,02 |
| 16082 | Noodles, chinese, cellophane or long rice (mung beans), dehydrated | 0,02 |
| 03098 | Babyfood, vegetables, beets, strained | 0,02 |
| 03161 | Babyfood, peaches, dices, toddler | 0,02 |
| 03174 | Babyfood, juice, orange and apple and banana | 0,02 |
| 09261 | Pears, dried, sulfured, stewed, with added sugar | 0,02 |
| 09288 | Prunes, canned, heavy syrup pack, solids and liquids | 0,02 |
| 09326 | Watermelon, raw | 0,02 |
| 09423 | Prune puree | 0,02 |
| 11220 | Gourd, dishcloth (towelgourd), raw | 0,02 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11285 | Onions, canned, solids and liquids | 0,02 |
| 11288 | Onions, frozen, chopped, cooked, boiled, drained, without salt | 0,02 |
| 11523 | Taro shoots, cooked, without salt | 0,02 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 0,02 |
| 11593 | Waxgourd, (chinese preserving melon), raw | 0,02 |
| 11594 | Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt | 0,02 |
| 11626 | Beans, mung, mature seeds, sprouted, canned, drained solids | 0,02 |
| 11806 | Onions, frozen, chopped, cooked, boiled, drained, with salt | 0,02 |
| 11880 | Taro, shoots, cooked, with salt | 0,02 |
| 11895 | Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt | 0,02 |
| 11963 | Nopales, raw | 0,02 |
| 20106 | Macaroni, vegetable, enriched, cooked | 0,02 |
| 43028 | Jams and preserves, no sugar (with sodium saccharin), any flavor | 0,02 |
| 31035 | Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS | 0,02 |
| 03112 | Babyfood, potatoes, toddler | 0,02 |
| 03179 | Babyfood, juice, mixed fruit | 0,02 |
| 09048 | Blackberries, frozen, unsweetened | 0,02 |
| 09200 | Oranges, raw, all commercial varieties | 0,02 |
| 09212 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium | 0,02 |
| 09215 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 0,02 |
| 09233 | Passion-fruit juice, yellow, raw | 0,02 |
| 09316 | Strawberries, raw | 0,02 |
| 11274 | Mustard spinach, (tendergreen), raw | 0,02 |
| 11471 | Squash, summer, crookneck and straightneck, canned, drained, solid, without salt | 0,02 |
| 11530 | Tomatoes, red, ripe, cooked | 0,02 |
| 11884 | Tomatoes, red, ripe, cooked, with salt | 0,02 |
| 15073 | Fish, roughy, orange, raw | 0,02 |
| 09042 | Blackberries, raw | 0,01 |
| 09111 | Grapefruit, raw, pink and red and white, all areas | 0,01 |
| 09113 | Grapefruit, raw, pink and red, California and Arizona | 0,01 |
| 09114 | Grapefruit, raw, pink and red, Florida | 0,01 |
| 09116 | Grapefruit, raw, white, all areas | 0,01 |
| 09117 | Grapefruit, raw, white, California | 0,01 |
| 09118 | Grapefruit, raw, white, Florida | 0,01 |
| 09119 | Grapefruit, sections, canned, water pack, solids and liquids | 0,01 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 09121 | Grapefruit, sections, canned, light syrup pack, solids and liquids | 0,01 |
| 09127 | Grapefruit juice, pink or red, with added calcium | 0,01 |
| 09128 | Grapefruit juice, white, raw | 0,01 |
| 09209 | Orange juice, chilled, includes from concentrate | 0,01 |
| 09210 | Orange juice, chilled, includes from concentrate, with added calcium and vitamin D | 0,01 |
| 09211 | Orange juice, chilled, includes from concentrate, with added calcium | 0,01 |
| 09250 | Peaches, frozen, sliced, sweetened | 0,01 |
| 09310 | Rhubarb, frozen, cooked, with sugar | 0,01 |
| 09317 | Strawberries, canned, heavy syrup pack, solids and liquids | 0,01 |
| 09351 | Fruit cocktail, canned, heavy syrup, drained | 0,01 |
| 09404 | Grapefruit juice, pink, raw | 0,01 |
| 09427 | Abiyuch, raw | 0,01 |
| 09436 | Mango nectar, canned | 0,01 |
| 09506 | Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E | 0,01 |
| 11025 | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt | 0,01 |
| 11165 | Coriander (cilantro) leaves, raw | 0,01 |
| 11242 | Kohlrabi, cooked, boiled, drained, without salt | 0,01 |
| 11266 | Mushrooms, brown, italian, or crimini, raw | 0,01 |
| 11272 | Mustard greens, frozen, unprepared | 0,01 |
| 11488 | Squash, winter, butternut, frozen, cooked, boiled, without salt | 0,01 |
| 11793 | Kohlrabi, cooked, boiled, drained, with salt | 0,01 |
| 11867 | Squash, winter, butternut, frozen, cooked, boiled, with salt | 0,01 |
| 11935 | Catsup | 0,01 |
| 11936 | Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw | 0,01 |
| 11949 | Catsup, low sodium | 0,01 |
| 14034 | Alcoholic beverage, creme de menthe, 72 proof | 0,01 |
| 16031 | Beans, kidney, california red, mature seeds, cooked, boiled, without salt | 0,01 |
| 16331 | Beans, kidney, california red, mature seeds, cooked, boiled, with salt | 0,01 |
| 43114 | Vermicelli, made from soy | 0,01 |
| 43365 | Tomato and vegetable juice, low sodium | 0,01 |
| 19283 | Frozen novelties, ice type, pop | 0,01 |
| 43143 | Cabbage, japanese style, fresh, pickled | 0,01 |
| 43144 | Cabbage, mustard, salted | 0,01 |
| 03159 | Babyfood, fruit, pears and pineapple, junior | 0,01 |
| 06194 | Soup, chicken broth, ready-to-serve | 0,01 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06962 | Sauce, chili, peppers, hot, immature green, canned | 0,01 |
| 09109 | Gooseberries, canned, light syrup pack, solids and liquids | 0,01 |
| 09223 | Tangerine juice, canned, sweetened | 0,01 |
| 09370 | Peaches, canned, heavy syrup, drained | 0,01 |
| 11114 | Cabbage, savoy, raw | 0,01 |
| 11206 | Cucumber, peeled, raw | 0,01 |
| 11241 | Kohlrabi, raw | 0,01 |
| 11273 | Mustard greens, frozen, cooked, boiled, drained, without salt | 0,01 |
| 11609 | Beets, pickled, canned, solids and liquids | 0,01 |
| 11800 | Mustard greens, frozen, cooked, boiled, drained, with salt | 0,01 |
| 14238 | Beverages, cranberry-apple juice drink, bottled | 0,01 |
| 03132 | Babyfood, fruit, pears, strained | 0,01 |
| 09012 | Apples, dried, sulfured, stewed, without added sugar | 0,01 |
| 09082 | Cranberry-orange relish, canned | 0,01 |
| 09120 | Grapefruit, sections, canned, juice pack, solids and liquids | 0,01 |
| 09124 | Grapefruit juice, white, canned, sweetened | 0,01 |
| 09220 | Tangerines, (mandarin oranges), canned, light syrup pack | 0,01 |
| 09340 | Pears, asian, raw | 0,01 |
| 11115 | Cabbage, savoy, cooked, boiled, drained, without salt | 0,01 |
| 11148 | Chard, swiss, cooked, boiled, drained, without salt | 0,01 |
| 11271 | Mustard greens, cooked, boiled, drained, without salt | 0,01 |
| 11753 | Cabbage, savoy, cooked, boiled, drained, with salt | 0,01 |
| 11799 | Mustard greens, cooked, boiled, drained, with salt | 0,01 |
| 03151 | Babyfood, fruit, applesauce and pineapple, junior | 0,01 |
| 03175 | Babyfood, juice, orange and apricot | 0,01 |
| 09013 | Apples, dried, sulfured, stewed, with added sugar | 0,01 |
| 09022 | Apricots, canned, water pack, with skin, solids and liquids | 0,01 |
| 09055 | Blueberries, frozen, sweetened | 0,01 |
| 09167 | Loganberries, frozen | 0,01 |
| 09217 | Orange-grapefruit juice, canned or bottled, unsweetened | 0,01 |
| 09239 | Peaches, canned, extra light syrup, solids and liquids | 0,01 |
| 09243 | Peaches, spiced, canned, heavy syrup pack, solids and liquids | 0,01 |
| 09379 | Plums, canned, heavy syrup, drained | 0,01 |
| 09452 | Orange Pineapple Juice Blend | 0,01 |
| 11082 | Beets, canned, regular pack, solids and liquids | 0,01 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 11113 | Cabbage, red, cooked, boiled, drained, without salt | 0,01 |
| 11122 | Cardoon, raw | 0,01 |
| 11289 | Onions, frozen, whole, unprepared | 0,01 |
| 11537 | Tomatoes, red, ripe, canned, with green chilies | 0,01 |
| 11564 | Turnips, raw | 0,01 |
| 11735 | Beets, canned, no salt added, solids and liquids | 0,01 |
| 11752 | Cabbage, red, cooked, boiled, drained, with salt | 0,01 |
| 16003 | Beans, adzuki, mature seeds, canned, sweetened | 0,01 |
| 16124 | Soy sauce made from soy (tamari) | 0,01 |
| 02050 | Vanilla extract | 0,01 |
| 03141 | Babyfood, pears, dices, toddler | 0,01 |
| 03150 | Babyfood, fruit, applesauce and pineapple, strained | 0,01 |
| 03177 | Babyfood, juice, orange and pineapple | 0,01 |
| 08511 | Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt | 0,01 |
| 09034 | Apricots, dried, sulfured, stewed, with added sugar | 0,01 |
| 09098 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids | 0,01 |
| 09099 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids | 0,01 |
| 09100 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 0,01 |
| 09101 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids | 0,01 |
| 09105 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids | 0,01 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 0,01 |
| 09292 | Plums, dried (prunes), stewed, without added sugar | 0,01 |
| 09296 | Quinces, raw | 0,01 |
| 09374 | Pears, canned, heavy syrup, drained | 0,01 |
| 11270 | Mustard greens, raw | 0,01 |
| 11329 | Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids | 0,01 |
| 11820 | Peppers, hot chili, red, canned, excluding seeds, solids and liquids | 0,01 |
| 14237 | Beverages, coffee substitute, cereal grain beverage, prepared with water | 0,01 |
| 14327 | Beverages, orange and apricot juice drink, canned | 0,01 |
| 19297 | Jams and preserves | 0,01 |
| 19719 | Jams and preserves, apricot | 0,01 |
| 31028 | Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared | 0,01 |
| 42267 | Babyfood, juice, orange-carrot | 0,01 |
| 43345 | Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie | 0,01 |
| 43382 | Cranberry juice, unsweetened | 0,01 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 09057 | Boysenberries, frozen, unsweetened | 0,01 |
| 09102 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids | 0,01 |
| 09104 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids | 0,01 |
| 09106 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids | 0,01 |
| 09123 | Grapefruit juice, white, canned or bottled, unsweetened | 0,01 |
| 09266 | Pineapple, raw, all varieties | 0,01 |
| 09269 | Pineapple, canned, light syrup pack, solids and liquids | 0,01 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 0,01 |
| 09271 | Pineapple, canned, extra heavy syrup pack, solids and liquids | 0,01 |
| 11290 | Onions, frozen, whole, cooked, boiled, drained, without salt | 0,01 |
| 11563 | Tree fern, cooked, without salt | 0,01 |
| 11605 | Beets, harvard, canned, solids and liquids | 0,01 |
| 11807 | Onions, frozen, whole, cooked, boiled, drained, with salt | 0,01 |
| 14242 | Cranberry juice cocktail, bottled | 0,01 |
| 20027 | Cornstarch | 0,01 |
| 44110 | Jellies, reduced sugar, home preserved | 0,01 |
| 03136 | Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained | 0,01 |
| 03137 | Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior | 0,01 |
| 09019 | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) | 0,01 |
| 09078 | Cranberries, raw | 0,01 |
| 09160 | Lime juice, raw | 0,01 |
| 09273 | Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid | 0,01 |
| 09283 | Plums, canned, purple, light syrup pack, solids and liquids | 0,01 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 0,01 |
| 09285 | Plums, canned, purple, extra heavy syrup pack, solids and liquids | 0,01 |
| 09354 | Pineapple, canned, juice pack, drained | 0,01 |
| 09401 | Applesauce, canned, unsweetened, with added ascorbic acid | 0,01 |
| 09409 | Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid | 0,01 |
| 09416 | Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY | 0,01 |
| 09528 | Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C | 0,01 |
| 11565 | Turnips, cooked, boiled, drained, without salt | 0,01 |
| 11889 | Turnips, cooked, boiled, drained, with salt | 0,01 |
| 14028 | Beverages, Whiskey sour mix, bottled | 0,01 |
| 14371 | Beverages, tea, instant, lemon, sweetened, prepared with water | 0,01 |
| 14461 | Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink | 0,01 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14530 | Whiskey sour mix, bottled, with added potassium and sodium | 0,01 |
| 14636 | Beverages, fruit juice drink, reduced sugar, with vitamin E added | 0,01 |
| 03158 | Babyfood, fruit, pears and pineapple, strained | 0,01 |
| 03169 | Babyfood, apple-cranberry juice | 0,01 |
| 09025 | Apricots, canned, extra light syrup pack, with skin, solids and liquids | 0,01 |
| 09035 | Apricots, frozen, sweetened | 0,01 |
| 09081 | Cranberry sauce, canned, sweetened | 0,01 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 0,01 |
| 09258 | Pears, canned, extra heavy syrup pack, solids and liquids | 0,01 |
| 09272 | Pineapple, frozen, chunks, sweetened | 0,01 |
| 09274 | Pineapple juice, frozen concentrate, unsweetened, undiluted | 0,01 |
| 09319 | Strawberries, frozen, sweetened, whole | 0,01 |
| 09320 | Strawberries, frozen, sweetened, sliced | 0,01 |
| 09357 | Apricots, canned, heavy syrup, drained | 0,01 |
| 09525 | Cranberry sauce, whole, canned, OCEAN SPRAY | 0,01 |
| 09526 | Cranberry sauce, jellied, canned, OCEAN SPRAY | 0,01 |
| 14048 | Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6 | 0,01 |
| 14262 | Beverages, citrus fruit juice drink, frozen concentrate | 0,01 |
| 19353 | Syrups, maple | 0,01 |
| 03133 | Babyfood, fruit, pears, junior | 0,01 |
| 09028 | Apricots, canned, heavy syrup pack, without skin, solids and liquids | 0,01 |
| 09033 | Apricots, dried, sulfured, stewed, without added sugar | 0,01 |
| 09036 | Apricot nectar, canned, without added ascorbic acid | 0,01 |
| 09096 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids | 0,01 |
| 09237 | Peaches, canned, water pack, solids and liquids | 0,01 |
| 09255 | Pears, canned, extra light syrup pack, solids and liquids | 0,01 |
| 09267 | Pineapple, canned, water pack, solids and liquids | 0,01 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 0,01 |
| 09318 | Strawberries, frozen, unsweetened | 0,01 |
| 09403 | Apricot nectar, canned, with added ascorbic acid | 0,01 |
| 11442 | Seaweed, agar, raw | 0,01 |
| 11964 | Nopales, cooked, without salt | 0,01 |
| 14010 | Alcoholic beverage, daiquiri, prepared-from-recipe | 0,01 |
| 14259 | Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape | 0,01 |
| 14293 | Lemonade, frozen concentrate, white, prepared with water | 0,01 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14334 | Beverages, pineapple and grapefruit juice drink, canned | 0,01 |
| 14541 | Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water | 0,01 |
| 14543 | Beverages, lemonade, frozen concentrate, pink, prepared with water | 0,01 |
| 09027 | Apricots, canned, heavy syrup pack, with skin, solids and liquids | 0,00 |
| 09046 | Blackberries, canned, heavy syrup, solids and liquids | 0,00 |
| 09304 | Raspberries, canned, red, heavy syrup pack, solids and liquids | 0,00 |
| 09306 | Raspberries, frozen, red, sweetened | 0,00 |
| 14029 | Alcoholic beverage, whiskey sour, prepared from item 14028 | 0,00 |
| 14531 | Alcoholic beverage, whiskey sour | 0,00 |
| 16225 | Soymilk, original and vanilla, light, with added calcium, vitamins A and D | 0,00 |
| 19137 | Toppings, strawberry | 0,00 |
| 19300 | Jellies | 0,00 |
| 20068 | Tapioca, pearl, dry | 0,00 |
| 21381 | McDONALD'S, Fruit 'n Yogurt Parfait (without granola) | 0,00 |
| 06494 | Soup, onion, dry, mix, prepared with water | 0,00 |
| 09056 | Boysenberries, canned, heavy syrup | 0,00 |
| 09072 | Cherries, sweet, canned, juice pack, solids and liquids | 0,00 |
| 09103 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids | 0,00 |
| 09232 | Passion-fruit juice, purple, raw | 0,00 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 0,00 |
| 09254 | Pears, canned, juice pack, solids and liquids | 0,00 |
| 09383 | Tangerines, (mandarin oranges), canned, juice pack, drained | 0,00 |
| 14257 | Beverages, OCEAN SPRAY, Light Cranberry | 0,00 |
| 06179 | Sauce, fish, ready-to-serve | 0,00 |
| 09024 | Apricots, canned, juice pack, with skin, solids and liquids | 0,00 |
| 09026 | Apricots, canned, light syrup pack, with skin, solids and liquids | 0,00 |
| 09029 | Apricots, canned, extra heavy syrup pack, without skin, solids and liquids | 0,00 |
| 09219 | Tangerines, (mandarin oranges), canned, juice pack | 0,00 |
| 09240 | Peaches, canned, light syrup pack, solids and liquids | 0,00 |
| 09242 | Peaches, canned, extra heavy syrup pack, solids and liquids | 0,00 |
| 09294 | Prune juice, canned | 0,00 |
| 09514 | Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST | 0,00 |
| 14025 | Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix | 0,00 |
| 14268 | Beverages, Fruit punch drink, frozen concentrate | 0,00 |
| 14285 | Beverages, OCEAN SPRAY, Ruby Red cranberry | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 44203 | Beverages, Cocktail mix, non-alcoholic, concentrated, frozen | 0,00 |
| 09023 | Apricots, canned, water pack, without skin, solids and liquids | 0,00 |
| 09251 | Peach nectar, canned, without added ascorbic acid | 0,00 |
| 09253 | Pears, canned, water pack, solids and liquids | 0,00 |
| 09256 | Pears, canned, light syrup pack, solids and liquids | 0,00 |
| 09275 | Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water | 0,00 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 0,00 |
| 09407 | Peach nectar, canned, with added ascorbic acid | 0,00 |
| 09522 | Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium | 0,00 |
| 11218 | Gourd, white-flowered (calabash), raw | 0,00 |
| 11219 | Gourd, white-flowered (calabash), cooked, boiled, drained, without salt | 0,00 |
| 11784 | Gourd, white-flowered (calabash), cooked, boiled, drained, with salt | 0,00 |
| 14201 | Beverages, coffee, brewed, prepared with tap water, decaffeinated | 0,00 |
| 14209 | Beverages, coffee, brewed, prepared with tap water | 0,00 |
| 14215 | Beverages, coffee, instant, regular, prepared with water | 0,00 |
| 14258 | Beverages, OCEAN SPRAY, White Cranberry Peach | 0,00 |
| 14263 | Beverages, citrus fruit juice drink, frozen concentrate, prepared with water | 0,00 |
| 14323 | Beverages, orange drink, canned, with added vitamin C | 0,00 |
| 14352 | Beverages, tea, black, brewed, prepared with tap water, decaffeinated | 0,00 |
| 14355 | Beverages, tea, black, brewed, prepared with tap water | 0,00 |
| 14381 | Beverages, tea, herb, other than chamomile, brewed | 0,00 |
| 14426 | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate | 0,00 |
| 14544 | Beverages, tea, black, brewed, prepared with distilled water | 0,00 |
| 14545 | Beverages, tea, herb, brewed, chamomile | 0,00 |
| 15162 | Mollusks, clam, mixed species, canned, liquid | 0,00 |
| 09097 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 0,00 |
| 09262 | Pear nectar, canned, without added ascorbic acid | 0,00 |
| 09281 | Plums, canned, purple, water pack, solids and liquids | 0,00 |
| 09408 | Pear nectar, canned, with added ascorbic acid | 0,00 |
| 14217 | Beverages, OCEAN SPRAY, Cran Grape | 0,00 |
| 14219 | Beverages, coffee, instant, decaffeinated, prepared with water | 0,00 |
| 14220 | Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled | 0,00 |
| 14221 | Beverages, OCEAN SPRAY, Diet Cranberry Juice | 0,00 |
| 14223 | Beverages, coffee, instant, chicory | 0,00 |
| 14226 | Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14227 | Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink | 0,00 |
| 14233 | Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink | 0,00 |
| 14234 | Beverages, OCEAN SPRAY, Cran Lemonade | 0,00 |
| 14235 | Beverages, OCEAN SPRAY, Diet Cran Cherry | 0,00 |
| 14255 | Beverages, OCEAN SPRAY, Cran Pomegranate | 0,00 |
| 14256 | Beverages, OCEAN SPRAY, Cran Cherry | 0,00 |
| 14269 | Beverages, Fruit punch drink, frozen concentrate, prepared with water | 0,00 |
| 14427 | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water | 0,00 |
| 01061 | Cheese, American, nonfat or fat free | 0,00 |
| 01124 | Egg, white, raw, fresh | 0,00 |
| 01135 | Egg, white, dried, flakes, stabilized, glucose reduced | 0,00 |
| 01136 | Egg, white, dried, powder, stabilized, glucose reduced | 0,00 |
| 01172 | Egg, white, raw, frozen, pasteurized | 0,00 |
| 01173 | Egg, white, dried | 0,00 |
| 01180 | Sour cream, fat free | 0,00 |
| 01187 | Yogurt, chocolate, nonfat milk | 0,00 |
| 01222 | Yogurt, chocolate, nonfat milk, fortified with vitamin D | 0,00 |
| 01226 | Egg substitute, liquid or frozen, fat free | 0,00 |
| 01243 | Fat free ice cream, no sugar added, flavors other than chocolate | 0,00 |
| 01265 | Cheese, cheddar, nonfat or fat free | 0,00 |
| 01266 | Cheese, Swiss, nonfat or fat free | 0,00 |
| 01295 | Yogurt, vanilla, non-fat | 0,00 |
| 02047 | Salt, table | 0,00 |
| 02048 | Vinegar, cider | 0,00 |
| 02052 | Vanilla extract, imitation, no alcohol | 0,00 |
| 02053 | Vinegar, distilled | 0,00 |
| 02068 | Vinegar, red wine | 0,00 |
| 02069 | Vinegar, balsamic | 0,00 |
| 02073 | PACE, Dry Taco Seasoning Mix | 0,00 |
| 02074 | Seasoning mix, dry, sazon, coriander & annatto | 0,00 |
| 02075 | Seasoning mix, dry, taco, original | 0,00 |
| 02076 | Seasoning mix, dry, chili, original | 0,00 |
| 03001 | Babyfood, juice treats, fruit medley, toddler | 0,00 |
| 03024 | Babyfood, water, bottled, GERBER, without added fluoride. | 0,00 |
| 03117 | Babyfood, fruit, applesauce, junior | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 03118 | Babyfood, fruit, apricot with tapioca, strained | 0,00 |
| 03128 | Babyfood, fruit, apricot with tapioca, junior | 0,00 |
| 03134 | Babyfood, fruit, plums with tapioca, without ascorbic acid, strained | 0,00 |
| 03135 | Babyfood, fruit, plums with tapioca, without ascorbic acid, junior | 0,00 |
| 03144 | Babyfood, fruit, applesauce and cherries, strained | 0,00 |
| 03145 | Babyfood, fruit, applesauce and cherries, junior | 0,00 |
| 03157 | Babyfood, fruit, bananas and pineapple with tapioca, strained | 0,00 |
| 03170 | Babyfood, juice, apple and plum | 0,00 |
| 03227 | Babyfood, dessert, peach cobbler, strained | 0,00 |
| 03228 | Babyfood, dessert, peach cobbler, junior | 0,00 |
| 03235 | Babyfood, dessert, fruit dessert, without ascorbic acid, strained | 0,00 |
| 03236 | Babyfood, dessert, fruit dessert, without ascorbic acid, junior | 0,00 |
| 03279 | Babyfood, dinner, mixed vegetable, junior | 0,00 |
| 03301 | Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS | 0,00 |
| 04013 | Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing | 0,00 |
| 06032 | Soup, beef broth bouillon and consomme, canned, condensed | 0,00 |
| 06057 | CAMPBELL'S Red and White, Chicken Broth, condensed | 0,00 |
| 06091 | CAMPBELL'S Red and White, Beef Broth, condensed | 0,00 |
| 06097 | CAMPBELL'S Red and White, Beef Consomme, condensed | 0,00 |
| 06112 | Sauce, teriyaki, ready-to-serve | 0,00 |
| 06183 | Soup, chicken broth, less/reduced sodium, ready to serve | 0,00 |
| 06189 | Sauce, teriyaki, ready-to-serve, reduced sodium | 0,00 |
| 06213 | CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed | 0,00 |
| 06220 | PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve | 0,00 |
| 06229 | PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve | 0,00 |
| 06235 | P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve | 0,00 |
| 06237 | PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve | 0,00 |
| 06239 | PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve | 0,00 |
| 06317 | Gravy, CAMPBELL'S, beef, fat free | 0,00 |
| 06320 | Gravy, CAMPBELL'S, chicken, fat free | 0,00 |
| 06322 | Gravy, CAMPBELL'S, mushroom | 0,00 |
| 06323 | Gravy, CAMPBELL'S, turkey, fat free | 0,00 |
| 06327 | Gravy, FRANCO-AMERICAN, beef, slow roast, fat free | 0,00 |
| 06328 | Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free | 0,00 |
| 06329 | Gravy, FRANCO-AMERICAN, beef, slow roast | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 06330 | Gravy, FRANCO-AMERICAN, chicken, slow roast | 0,00 |
| 06331 | Gravy, FRANCO-AMERICAN, turkey, slow roast | 0,00 |
| 06373 | CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed | 0,00 |
| 06377 | CAMPBELL'S, Tomato Soup, condensed | 0,00 |
| 06432 | Soup, beef broth, bouillon, consomme, prepared with equal volume water | 0,00 |
| 06504 | CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup | 0,00 |
| 06544 | CAMPBELL'S Homestyle Minestrone Soup | 0,00 |
| 06548 | CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup | 0,00 |
| 06580 | CAMPBELL'S Homestyle Vegetable Medley Soup | 0,00 |
| 06585 | CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup | 0,00 |
| 06588 | CAMPBELL'S Soup on the Go, Classic Tomato Soup | 0,00 |
| 06597 | PACE, Chipotle Chunky Salsa | 0,00 |
| 06598 | PACE, Cilantro Chunky Salsa | 0,00 |
| 06599 | PACE, Enchilada Sauce | 0,00 |
| 06600 | PACE, Green Taco Sauce | 0,00 |
| 06601 | PACE, Lime & Garlic Chunky Salsa | 0,00 |
| 06602 | PACE, Organic Picante Sauce | 0,00 |
| 06604 | PACE, Red Taco Sauce | 0,00 |
| 06605 | PACE, Thick & Chunky Salsa | 0,00 |
| 06609 | SWANSON BROTH, Certified Organic Vegetable Broth | 0,00 |
| 06619 | SMART SOUP, Santa Fe Corn Chowder | 0,00 |
| 06620 | SMART SOUP, French Lentil | 0,00 |
| 06621 | SMART SOUP, Greek Minestrone | 0,00 |
| 06932 | PREGO Pasta, Traditional Italian Sauce, ready-to-serve | 0,00 |
| 06971 | Sauce, worcestershire | 0,00 |
| 06984 | Soup, SWANSON Chicken Broth 99% Fat Free | 0,00 |
| 06990 | HEALTHY REQUEST, Minestrone Soup, condensed | 0,00 |
| 06992 | HEALTHY REQUEST, Vegetable Soup, condensed | 0,00 |
| 06994 | PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve | 0,00 |
| 06995 | PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve | 0,00 |
| 06996 | Gravy, CAMPBELL'S, au jus | 0,00 |
| 06998 | Gravy, CAMPBELL'S, brown with onions | 0,00 |
| 07925 | Pastrami, beef, 98% fat-free | 0,00 |
| 08348 | Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice | 0,00 |
| 08370 | Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 08546 | Rice and Wheat cereal bar | 0,00 |
| 08657 | Cereals ready-to-eat, BARBARA'S PUFFINS, original | 0,00 |
| 08683 | Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares | 0,00 |
| 08709 | Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS | 0,00 |
| 09110 | Goji berries, dried | 0,00 |
| 09507 | Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO | 0,00 |
| 09510 | Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E | 0,00 |
| 09511 | Fruit juice smoothie, NAKED JUICE, BLUE MACHINE | 0,00 |
| 11110 | Cabbage, cooked, boiled, drained, without salt | 0,00 |
| 11150 | Chayote, fruit, cooked, boiled, drained, without salt | 0,00 |
| 11226 | Jerusalem-artichokes, raw | 0,00 |
| 11751 | Cabbage, common, cooked, boiled, drained, with salt | 0,00 |
| 14003 | Alcoholic beverage, beer, regular, all | 0,00 |
| 14006 | Alcoholic beverage, beer, light | 0,00 |
| 14009 | Alcoholic beverage, daiquiri, canned | 0,00 |
| 14013 | Alcoholic beverage, beer, light, low carb | 0,00 |
| 14016 | Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink | 0,00 |
| 14021 | Beverages, Energy drink, Citrus | 0,00 |
| 14022 | Beverages, MONSTER energy drink, low carb | 0,00 |
| 14026 | Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12 | 0,00 |
| 14030 | Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12 | 0,00 |
| 14031 | Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories | 0,00 |
| 14035 | Beverages, ABBOTT, EAS soy protein powder | 0,00 |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 0,00 |
| 14038 | Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink | 0,00 |
| 14049 | Alcoholic beverage, distilled, gin, 90 proof | 0,00 |
| 14050 | Alcoholic beverage, distilled, rum, 80 proof | 0,00 |
| 14051 | Alcoholic beverage, distilled, vodka, 80 proof | 0,00 |
| 14052 | Alcoholic beverage, distilled, whiskey, 86 proof | 0,00 |
| 14054 | Beverages, almond milk, chocolate, ready-to-drink | 0,00 |
| 14056 | Beverages, Acai berry drink, fortified | 0,00 |
| 14057 | Alcoholic beverage, wine, dessert, sweet | 0,00 |
| 14060 | Beverages, Energy Drink with carbonated water and high fructose corn syrup | 0,00 |
| 14061 | Beverages, Energy Drink, sugar free | 0,00 |
| 14064 | Beverages, Orange juice, light, No pulp | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14065 | Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch | 0,00 |
| 14073 | Beverages, ZEVIA, cola | 0,00 |
| 14074 | Beverages, ZEVIA, cola, caffeine free | 0,00 |
| 14075 | Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water, | 0,00 |
| 14076 | Beverages, ICELANDIC, Glacial Natural spring water | 0,00 |
| 14079 | Beverages, yellow green colored citrus soft drink with caffeine | 0,00 |
| 14080 | Beverages, rich chocolate, powder | 0,00 |
| 14084 | Alcoholic beverage, wine, table, all | 0,00 |
| 14086 | Beverages, V8 SPLASH Smoothies, Peach Mango | 0,00 |
| 14087 | Beverages, V8 SPLASH Smoothies, Strawberry Banana | 0,00 |
| 14088 | Beverages, V8 SPLASH Smoothies, Tropical Colada | 0,00 |
| 14090 | Beverages, Coconut water, ready-to-drink, unsweetened | 0,00 |
| 14091 | Beverages, almond milk, unsweetened, shelf stable | 0,00 |
| 14092 | Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E | 0,00 |
| 14093 | Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified | 0,00 |
| 14095 | Beverages, MINUTE MAID, Lemonada, Limeade | 0,00 |
| 14096 | Alcoholic beverage, wine, table, red | 0,00 |
| 14106 | Alcoholic beverage, wine, table, white | 0,00 |
| 14119 | Beverages, Mixed vegetable and fruit juice drink, with added nutrients | 0,00 |
| 14121 | Beverages, carbonated, club soda | 0,00 |
| 14130 | Carbonated beverage, cream soda | 0,00 |
| 14136 | Beverages, carbonated, ginger ale | 0,00 |
| 14142 | Beverages, carbonated, grape soda | 0,00 |
| 14143 | Beverages, carbonated, low calorie, other than cola or pepper, without caffeine | 0,00 |
| 14144 | Beverages, carbonated, lemon-lime soda, no caffeine | 0,00 |
| 14145 | Beverages, carbonated, SPRITE, lemon-lime, without caffeine | 0,00 |
| 14146 | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine | 0,00 |
| 14147 | Beverages, carbonated, cola, without caffeine | 0,00 |
| 14148 | Beverages, carbonated, cola, regular | 0,00 |
| 14149 | Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners | 0,00 |
| 14150 | Beverages, carbonated, orange | 0,00 |
| 14151 | Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine | 0,00 |
| 14154 | Beverages, Energy drink, RED BULL | 0,00 |
| 14155 | Beverages, carbonated, tonic water | 0,00 |
| 14156 | Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14157 | Beverages, carbonated, root beer | 0,00 |
| 14161 | Beverages, Kiwi Strawberry Juice Drink | 0,00 |
| 14162 | Beverages, Apple juice drink, light, fortified with vitamin C | 0,00 |
| 14165 | Beverages, carbonated, limeade, high caffeine | 0,00 |
| 14166 | Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine | 0,00 |
| 14167 | Beverages, POWERADE, Zero, Mixed Berry | 0,00 |
| 14173 | Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened | 0,00 |
| 14174 | Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C | 0,00 |
| 14179 | Beverages, coffee, ready to drink, milk based, sweetened | 0,00 |
| 14180 | Beverages, coffee, brewed, breakfast blend | 0,00 |
| 14183 | Beverages, coffee, ready to drink, iced, mocha, milk based | 0,00 |
| 14187 | Beverages, Clam and tomato juice, canned | 0,00 |
| 14188 | Beverages, tea, green, ready to drink, ginseng and honey, sweetened | 0,00 |
| 14189 | Beverages, The COCA-COLA company, Minute Maid, Lemonade | 0,00 |
| 14190 | Beverages, tea, green, ready-to-drink, diet | 0,00 |
| 14191 | Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C | 0,00 |
| 14199 | Beverages, tea, black, ready-to-drink, lemon, sweetened | 0,00 |
| 14206 | Beverages, tea, green, ready-to-drink, sweetened | 0,00 |
| 14207 | Beverages, tea, ready-to-drink, lemon, diet | 0,00 |
| 14211 | Beverages, tea, black, ready-to-drink, lemon, diet | 0,00 |
| 14216 | Beverages, aloe vera juice drink, fortified with Vitamin C | 0,00 |
| 14239 | Alcoholic beverage, malt beer, hard lemonade | 0,00 |
| 14240 | Beverages, cranberry-apricot juice drink, bottled | 0,00 |
| 14243 | Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener | 0,00 |
| 14246 | Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C | 0,00 |
| 14247 | Beverages, tea, black, ready to drink | 0,00 |
| 14248 | Alcoholic beverage, beer, light, higher alcohol | 0,00 |
| 14250 | Beverages, AMBER, hard cider | 0,00 |
| 14251 | Alcoholic beverages, beer, higher alcohol | 0,00 |
| 14252 | Beverages, Malt liquor beverage | 0,00 |
| 14253 | Alcoholic beverages, wine, rose | 0,00 |
| 14260 | Beverages, tea, green, brewed, decaffeinated | 0,00 |
| 14261 | Beverages, tea, green, ready to drink, unsweetened | 0,00 |
| 14264 | Beverages, fruit punch drink, without added nutrients, canned | 0,00 |
| 14267 | Beverages, Fruit punch drink, with added nutrients, canned | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14276 | Beverages, Tropical Punch, ready-to-drink | 0,00 |
| 14277 | Beverages, grape drink, canned | 0,00 |
| 14278 | Beverages, tea, green, brewed, regular | 0,00 |
| 14279 | Beverages, tea, black, ready-to-drink, peach, diet | 0,00 |
| 14280 | Beverages, tea, black, ready to drink, decaffeinated, diet | 0,00 |
| 14281 | Beverages, tea, black, ready to drink, decaffeinated | 0,00 |
| 14282 | Beverages, grape juice drink, canned | 0,00 |
| 14288 | Lemonade, powder, prepared with water | 0,00 |
| 14297 | Beverages, lemonade-flavor drink, powder, prepared with water | 0,00 |
| 14303 | Limeade, frozen concentrate, prepared with water | 0,00 |
| 14309 | Beverages, OVALTINE, Classic Malt powder | 0,00 |
| 14315 | Beverages, OVALTINE, chocolate malt powder | 0,00 |
| 14341 | Beverages, pineapple and orange juice drink, canned | 0,00 |
| 14350 | Strawberry-flavor beverage mix, powder | 0,00 |
| 14353 | Beverages, tea, instant, decaffeinated, unsweetened | 0,00 |
| 14356 | Beverages, tea, instant, decaffeinated, lemon, diet | 0,00 |
| 14366 | Beverages, tea, instant, unsweetened, powder | 0,00 |
| 14367 | Beverages, tea, instant, unsweetened, prepared with water | 0,00 |
| 14375 | Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder | 0,00 |
| 14376 | Beverages, tea, instant, lemon, diet | 0,00 |
| 14384 | Beverages, water, bottled, PERRIER | 0,00 |
| 14385 | Beverages, water, bottled, POLAND SPRING | 0,00 |
| 14400 | Beverages, carbonated, cola, fast-food cola | 0,00 |
| 14407 | Beverages, orange-flavor drink, breakfast type, powder | 0,00 |
| 14408 | Beverages, orange-flavor drink, breakfast type, powder, prepared with water | 0,00 |
| 14409 | Beverages, Orange-flavor drink, breakfast type, low calorie, powder | 0,00 |
| 14411 | Beverages, water, tap, drinking | 0,00 |
| 14416 | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine | 0,00 |
| 14429 | Beverages, water, tap, municipal | 0,00 |
| 14430 | Cranberry juice cocktail, frozen concentrate | 0,00 |
| 14431 | Cranberry juice cocktail, frozen concentrate, prepared with water | 0,00 |
| 14436 | Beverages, orange breakfast drink, ready-to-drink, with added nutrients | 0,00 |
| 14450 | Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder | 0,00 |
| 14460 | Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink. | 0,00 |
| 14462 | Beverages, Propel Zero, fruit-flavored, non-carbonated | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 14475 | Beverages, ARIZONA, tea, ready-to-drink, lemon | 0,00 |
| 14476 | Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon | 0,00 |
| 14532 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof | 0,00 |
| 14533 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof | 0,00 |
| 14536 | Alcoholic beverage, wine, dessert, dry | 0,00 |
| 14537 | Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine | 0,00 |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 0,00 |
| 14551 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof | 0,00 |
| 14552 | Carbonated beverage, chocolate-flavored soda | 0,00 |
| 14553 | Beverages, Wine, non-alcoholic | 0,00 |
| 14555 | Water, bottled, generic | 0,00 |
| 14599 | Beverages, Powerade Zero Ion4, calorie-free, assorted flavors | 0,00 |
| 14601 | Beverages, WENDY'S, tea, ready-to-drink, unsweetened | 0,00 |
| 14604 | Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener | 0,00 |
| 14605 | Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors | 0,00 |
| 14623 | Beverages, V8 V- FUSION Juices, Acai Berry | 0,00 |
| 14625 | Beverages, Energy drink, AMP | 0,00 |
| 14626 | Beverages, Energy drink, FULL THROTTLE | 0,00 |
| 14627 | Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12 | 0,00 |
| 14628 | Beverages, Energy drink, AMP, sugar free | 0,00 |
| 14629 | Beverages, Energy drink, ROCKSTAR | 0,00 |
| 14630 | Beverages, Energy drink, ROCKSTAR, sugar free | 0,00 |
| 14633 | Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C | 0,00 |
| 14635 | Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E | 0,00 |
| 14637 | Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored | 0,00 |
| 14639 | Beverages, rice milk, unsweetened | 0,00 |
| 14640 | Beverages, Energy drink, VAULT, citrus flavor | 0,00 |
| 14641 | Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor | 0,00 |
| 14644 | Beverages, PEPSICO QUAKER, Gatorade G2, low calorie | 0,00 |
| 14645 | Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C | 0,00 |
| 14646 | Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C | 0,00 |
| 14647 | Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium | 0,00 |
| 14648 | Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin | 0,00 |
| 14649 | Beverages, tea, hibiscus, brewed | 0,00 |
| 14654 | Beverages, nutritional shake mix, high protein, powder | 0,00 |

| NDB_No | Description | Fatty acids, total saturated(g) Value Per |
|---|---|---|
| 16202 | PACE, Traditional Refried Beans | 0,00 |
| 16203 | PACE, Salsa Refried Beans | 0,00 |
| 16204 | PACE, Spicy Jalapeno Refried Beans | 0,00 |
| 16229 | Soymilk (All flavors), lowfat, with added calcium, vitamins A and D | 0,00 |
| 16230 | Soymilk (all flavors), nonfat, with added calcium, vitamins A and D | 0,00 |
| 16231 | Soymilk, chocolate, nonfat, with added calcium, vitamins A and D | 0,00 |
| 16238 | SILK Light Plain, soymilk | 0,00 |
| 16239 | SILK Light Vanilla, soymilk | 0,00 |
| 16240 | SILK Light Chocolate, soymilk | 0,00 |
| 16246 | SILK Nog, soymilk | 0,00 |
| 16251 | SILK Vanilla soy yogurt (single serving size) | 0,00 |
| 16253 | SILK Strawberry soy yogurt | 0,00 |
| 16254 | SILK Raspberry soy yogurt | 0,00 |
| 16255 | SILK Peach soy yogurt | 0,00 |
| 16256 | SILK Black Cherry soy yogurt | 0,00 |
| 16257 | SILK Blueberry soy yogurt | 0,00 |
| 16258 | SILK Key Lime soy yogurt | 0,00 |
| 16259 | SILK Banana-Strawberry soy yogurt | 0,00 |
| 16260 | SILK Original Creamer | 0,00 |
| 16261 | SILK French Vanilla Creamer | 0,00 |
| 16262 | SILK Hazelnut Creamer | 0,00 |
| 18033 | Bread, italian | 0,00 |
| 18369 | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 0,00 |
| 18370 | Leavening agents, baking powder, double-acting, straight phosphate | 0,00 |
| 18372 | Leavening agents, baking soda | 0,00 |
| 18373 | Leavening agents, cream of tartar | 0,00 |
| 18966 | Crackers, saltines, whole wheat (includes multi-grain) | 0,00 |
| 18968 | Bagels, wheat | 0,00 |
| 18971 | Bread, potato | 0,00 |
| 19018 | Fruit syrup | 0,00 |
| 19030 | Syrup, fruit flavored | 0,00 |