

# USDA National Nutrient Database for Standard Reference, Release 17

## Vitamin A, RAE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	15568.7
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	6582.4
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	2541.9
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	2392.7
11655	Carrot juice, canned	236	1 cup	2256.2
11424	Pumpkin, canned, without salt	245	1 cup	1906.1
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	1403.1
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1341.6
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	1227.7
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	1213.3
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1145.7
11461	Spinach, canned, drained solids	214	1 cup	1048.6
11512	Sweet potato, canned, vacuum pack	255	1 cup	1017.5
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	977.5
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	955.5
11581	Vegetables, mixed, canned, drained solids	163	1 cup	948.7
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	943.2
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	903.7
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	885.3
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	882.3
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	825.1
11128	Carrots, canned, regular pack, drained solids	146	1 cup	814.7
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	780.3
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	771.4
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	744.7
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	666.5
11124	Carrots, raw	110	1 cup	662.2
18327	Pie, pumpkin, prepared from recipe	155	1 piece	660.3
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	612.5
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	551.5
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	548.6
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	535.1
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	520.8
18326	Pie, pumpkin, commercially prepared	109	1 piece	488.3
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	461.3
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	442.4
11124	Carrots, raw	72	1 carrot	433.4
01164	Cheese sauce, prepared from recipe	243	1 cup	403.4
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	400.8
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	389.5
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	376.3
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	375.3
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	374.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	360.4
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	321.8
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	317.8

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01097	Milk, canned, evaporated, nonfat	256	1 cup	302.1
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	300.0
01036	Cheese, ricotta, whole milk	246	1 cup	295.2
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	290.4
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	285.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	270.6
09181	Melons, cantaloupe, raw	160	1 cup	270.4
11658	Spinach souffle, home-prepared	136	1 cup	266.6
01037	Cheese, ricotta, part skim milk	246	1 cup	263.2
22906	Chicken pot pie, frozen entree	217	1 small pie	256.1
11821	Peppers, sweet, red, raw	149	1 cup	233.9
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	230.3
01095	Milk, canned, condensed, sweetened	306	1 cup	226.4
06166	Sauce, homemade, white, medium	250	1 cup	225.0
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	225.0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	219.4
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	215.6
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	214.2
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	207.4
11253	Lettuce, green leaf, raw	56	1 cup	207.2
11546	Tomato products, canned, paste, without salt added	262	1 cup	199.1
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	199.0
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	196.8
22905	Beef stew, canned entree	232	1 cup	192.6
11578	Vegetable juice cocktail, canned	242	1 cup	188.8
11821	Peppers, sweet, red, raw	119	1 pepper	186.8
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	178.6
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	176.7
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	168.0
09226	Papayas, raw	304	1 papaya	167.2
21082	Fast foods, taco	263	1 large	165.7
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	165.7
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	163.8
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	163.5
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	163.1
11251	Lettuce, cos or romaine, raw	56	1 cup	162.4
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	160.3
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	160.2
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	160.0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	157.5
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	156.8
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	155.3
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	154.9
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	153.9
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	153.1
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	152.9
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	152.8
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	152.5

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08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	152.4
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	151.5
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	150.3
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	150.3
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	150.3
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	150.3
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	150.3
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	150.3
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	150.3
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	150.3
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	150.3
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	150.3
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	150.3
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	150.2
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	149.8
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	149.5
21078	Fast foods, nachos, with cheese	113	6-8 nachos	149.2
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	148.0
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	145.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	143.7
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	143.2
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	143.0
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	141.9
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	141.5
11457	Spinach, raw	30	1 cup	140.7
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	140.7
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	140.2
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	139.3
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	137.5
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	137.1
21023	Breakfast items, french toast with butter	135	2 slices	136.4
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	134.8
19089	Ice creams, vanilla, rich	74	1/2 cup	134.7
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	134.2
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	129.9
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	127.7
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	127.4
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	126.4
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	126.0
14347	Shake, fast food, vanilla	333	16 fl oz	123.2
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	118.1
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	118.0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	117.7
18239	Croissants, butter	57	1 croissant	117.4
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	117.1
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	116.7

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09181	Melons, cantaloupe, raw	69	1/8 melon	116.6
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	116.3
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	116.3
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	115.7
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	115.5
01057	Eggnog	254	1 cup	114.3
18147	Cheesecake commercially prepared	80	1 piece	113.6
21082	Fast foods, taco	171	1 small	107.7
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	105.8
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	105.8
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	105.6
21088	Tostada with guacamole	130.5	1 tostada	104.4
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	104.2
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	103.0
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	101.3
09277	Plantains, raw	179	1 medium	100.2
18325	Pie, pecan, prepared from recipe	122	1 piece	100.0
21074	Fast foods, enchilada, with cheese	163	1 enchilada	99.4
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	99.2
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	97.7
01001	Butter, salted	14.2	1 tbsp	97.1
01145	Butter, without salt	14.2	1 tbsp	97.1
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	95.2
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	92.7
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	92.4
01007	Cheese, camembert	38	1 wedge	91.6
01128	Egg, whole, cooked, fried	46	1 large	91.1
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	90.3
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	90.0
01132	Egg, whole, cooked, scrambled	61	1 large	87.2
14346	Shake, fast food, chocolate	333	16 fl oz	86.6
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	86.1
01013	Cheese, cottage, creamed, with fruit	226	1 cup	85.9
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	85.9
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	85.9
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	85.8
01129	Egg, whole, cooked, hard-boiled	50	1 large	84.5
01031	Cheese, neufchatel	28.35	1 oz	84.5
01030	Cheese, muenster	28.35	1 oz	84.5
21042	Fast foods, chili con carne	253	1 cup	83.5
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	83.2
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	83.2
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	81.9
01123	Egg, whole, raw, fresh	58	1 extra large	81.2
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	81.2
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	80.6

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09326	Watermelon, raw	286	1 wedge	80.1
11414	Potato salad, home-prepared	250	1 cup	80.0
09176	Mangos, raw	207	1 mango	78.7
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	78.4
01111	Milk shakes, thick vanilla	313	11 fl oz	78.3
19270	Ice creams, chocolate	66	1/2 cup	77.9
19095	Ice creams, vanilla	66	1/2 cup	77.9
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	77.4
09226	Papayas, raw	140	1 cup	77.0
15157	Mollusks, clam, mixed species, raw	85	3 oz	76.5
16120	Soy milk, fluid	245	1 cup	76.0
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	75.6
01009	Cheese, cheddar	28.35	1 oz	75.1
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	73.1
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	72.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	72.0
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	71.4
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	71.3
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	71.3
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	71.3
21083	Fast foods, taco salad	198	1-1/2 cups	71.3
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	71.3
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	70.7
01123	Egg, whole, raw, fresh	50	1 large	70.0
01131	Egg, whole, cooked, poached	50	1 large	69.5
09278	Plantains, cooked	154	1 cup	69.3
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	69.2
11960	Carrots, baby, raw	10	1 medium	69.0
01077	Milk, whole, 3.25% milkfat	244	1 cup	68.3
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	67.6
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	67.5
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	67.2
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	67.2
01035	Cheese, provolone	28.35	1 oz	66.9
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	66.7
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	66.0
01102	Milk, chocolate, fluid, commercial,	250	1 cup	65.0
11547	Tomato products, canned, puree, without salt added	250	1 cup	65.0
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	64.5
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	63.6
11159	Coleslaw, home-prepared	120	1 cup	63.6
01125	Egg, yolk, raw, fresh	16.6	1 large	63.2
09032	Apricots, dried, sulfured, uncooked	35	10 halves	63.0
09176	Mangos, raw	165	1 cup	62.7
01040	Cheese, swiss	28.35	1 oz	62.4
01053	Cream, fluid, heavy whipping	15	1 tbsp	61.7
01123	Egg, whole, raw, fresh	44	1 medium	61.6
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	61.3

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11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	60.8
18308	Pie, cherry, commercially prepared	117	1 piece	60.8
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	60.4
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	59.7
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	59.5
21033	Fast foods, sundae, hot fudge	158	1 sundae	58.5
18324	Pie, pecan, commercially prepared	113	1 piece	57.6
18320	Pie, lemon meringue, commercially prepared	113	1 piece	57.6
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	57.1
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	57.0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	57.0
01004	Cheese, blue	28.35	1 oz	56.1
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	56.1
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	56.1
11540	Tomato juice, canned, with salt added	243	1 cup	55.9
02028	Spices, paprika	2.1	1 tsp	55.4
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	55.2
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	54.6
09404	Grapefruit juice, pink, raw	247	1 cup	54.3
11213	Endive, raw	50	1 cup	54.0
01110	Milk shakes, thick chocolate	300	10.6 fl oz	54.0
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	53.6
01017	Cheese, cream	14.5	1 tbsp	53.1
21051	Entrees, pizza with pepperoni	71	1 slice	52.5
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	52.3
18309	Pie, cherry, prepared from recipe	180	1 piece	52.2
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	51.7
18305	Pie, blueberry, commercially prepared	117	1 piece	51.5
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	50.8
01026	Cheese, mozzarella, whole milk	28.35	1 oz	50.7
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	50.4
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	50.0
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	49.3
15128	Fish, tuna salad	205	1 cup	49.2
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	49.0
18367	Waffles, plain, prepared from recipe	75	1 waffle	48.8
18134	Cake, sponge, prepared from recipe	63	1 piece	48.5
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	48.5
05277	Chicken, canned, meat only, with broth	142	5 oz	48.3
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	47.9
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	47.6
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	47.5
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	47.1
11457	Spinach, raw	10	1 leaf	46.9
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	46.1
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	45.9

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	45.9
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	45.9
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	45.5
22401	Spaghetti with meat sauce, frozen entree	283	1 package	45.3
21015	Fast foods, danish pastry, cheese	91	1 pastry	44.6
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	44.5
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	43.8
01186	Cheese, cream, fat free	15.6	1 tbsp	43.5
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	43.5
15111	Fish, swordfish, cooked, dry heat	106	1 piece	43.5
09326	Watermelon, raw	152	1 cup	42.6
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	42.5
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	42.2
09246	Peaches, dried, sulfured, uncooked	39	3 halves	42.1
11297	Parsley, raw	10	10 sprigs	42.1
01052	Cream, fluid, light whipping	15	1 tbsp	41.9
18120	Cake, pound, commercially prepared, butter	28	1 piece	41.7
11549	Tomato products, canned, sauce	245	1 cup	41.7
19088	Ice creams, vanilla, light	66	1/2 cup	41.6
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	40.5
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	40.2
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	40.0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	39.3
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	39.3
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	39.3
11112	Cabbage, red, raw	70	1 cup	39.2
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	38.8
02009	Spices, chili powder	2.6	1 tsp	38.6
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	38.0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	37.8
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	37.4
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	37.2
11253	Lettuce, green leaf, raw	10	1 leaf	37.0
21043	Fast foods, clams, breaded and fried	115	3/4 cup	36.8
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	36.3
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	36.2
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	36.1
21127	Fast foods, coleslaw	99	3/4 cup	35.6
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	35.6
01019	Cheese, feta	28.35	1 oz	35.4
21077	Fast foods, frijoles with cheese	167	1 cup	35.1
09250	Peaches, frozen, sliced, sweetened	250	1 cup	35.0
11114	Cabbage, savoy, raw	70	1 cup	35.0
15111	Fish, swordfish, cooked, dry heat	85	3 oz	34.9
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	34.7
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	34.2

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09021	Apricots, raw	35	1 apricot	33.6
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	33.5
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	33.3
09223	Tangerine juice, canned, sweetened	249	1 cup	32.4
18268	French toast, frozen, ready-to-heat	59	1 slice	31.9
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	31.8
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	31.7
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	31.3
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	30.9
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	30.2
11012	Asparagus, cooked, boiled, drained	60	4 spears	30.0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	29.7
18279	Muffins, corn, commercially prepared	57	1 muffin	29.6
11015	Asparagus, canned, drained solids	72	4 spears	29.5
18003	Bagels, egg	89	4" bagel	29.4
11090	Broccoli, raw	88	1 cup	29.0
11251	Lettuce, cos or romaine, raw	10	1 leaf	29.0
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	28.6
15034	Fish, haddock, cooked, dry heat	150	1 fillet	28.5
19193	Puddings, rice, ready-to-eat	113.4	4 oz	28.4
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	28.0
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	27.4
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	27.2
09236	Peaches, raw	170	1 cup	27.2
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	27.2
18316	Pie, coconut custard, commercially prepared	104	1 piece	27.0
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	27.0
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	26.9
11333	Peppers, sweet, green, raw	149	1 cup	26.8
11670	Peppers, hot chili, green, raw	45	1 pepper	26.6
18023	Bread, cornbread, dry mix, prepared	60	1 piece	26.4
11143	Celery, raw	120	1 cup	26.4
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	25.7
21017	Fast foods, danish pastry, fruit	94	1 pastry	25.4
18027	Bread, egg	40	1/2" slice	25.2
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	25.2
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	24.9
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	24.9
18245	Danish pastry, cheese	71	1 danish	24.9
09206	Orange juice, raw	248	1 cup	24.8
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	24.8
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	24.4
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	24.0
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	24.0
18003	Bagels, egg	71	3-1/2" bagel	23.4
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	23.2
09191	Nectarines, raw	136	1 nectarine	23.1
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	23.0

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## Vitamin A, RAE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	23.0
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	22.9
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	22.7
09207	Orange juice, canned, unsweetened	249	1 cup	22.4
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	22.4
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	22.2
15077	Fish, salmon, chinook, smoked	85.05	3 oz	22.1
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	22.1
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	22.1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	22.1
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	21.7
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	21.7
11819	Peppers, hot chili, red, raw	45	1 pepper	21.6
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	21.6
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	21.5
11333	Peppers, sweet, green, raw	119	1 pepper	21.4
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	21.4
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	21.3
01056	Cream, sour, cultured	12	1 tbs	21.2
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	21.1
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	20.8
18280	Muffins, corn, dry mix, prepared	50	1 muffin	20.5
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	20.4
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	20.4
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	20.2
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	19.8
09200	Oranges, raw, all commercial varieties	180	1 cup	19.8
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	19.6
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	19.0
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	18.7
18005	Bagels, cinnamon-raisin	89	4" bagel	18.7
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	18.6
05286	Turkey and gravy, frozen	142	5-oz package	18.5
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	18.0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	17.9
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	17.7
07024	Frankfurter, chicken	45	1 frank	17.6
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	17.2
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	17.2
18302	Pie, apple, prepared from recipe	155	1 piece	17.1
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	17.0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	17.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	17.0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	17.0
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	16.7
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	16.7

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## Vitamin A, RAE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	16.6
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	16.5
11740	Broccoli, flower clusters, raw	11	1 floweret	16.5
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	16.4
09291	Plums, dried (prunes), uncooked	42	5 prunes	16.4
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	16.2
15034	Fish, haddock, cooked, dry heat	85	3 oz	16.2
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	16.0
11943	Pimento, canned	12	1 tbsp	16.0
09042	Blackberries, raw	144	1 cup	15.8
09236	Peaches, raw	98	1 peach	15.7
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	15.3
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	15.3
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	15.2
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	15.1
11205	Cucumber, with peel, raw	301	1 large	15.1
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	15.0
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	14.9
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	14.7
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	14.6
01049	Cream, fluid, half and half	15	1 tbsp	14.6
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	14.5
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	14.5
09200	Oranges, raw, all commercial varieties	131	1 orange	14.4
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	14.4
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	14.4
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	14.4
07008	Bologna, beef and pork	56.7	2 slices	14.2
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	13.8
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	13.8
07017	Chicken roll, light meat	56.7	2 slices	13.6
19126	Candies, milk chocolate coated peanuts	40	10 pieces	13.6
19087	Candies, confectioner's coating, white	170	1 cup	13.6
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	13.4
20020	Cornmeal, whole-grain, yellow	122	1 cup	13.4
18133	Cake, sponge, commercially prepared	30	1 shortcake	13.2
18274	Muffins, blueberry, commercially prepared	57	1 muffin	13.1
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	13.1
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.7
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	12.5
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	12.5
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	12.3
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	12.2
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	12.0
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	11.9
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	11.9

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## Vitamin A, RAE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	11.7
18444	Pie, fried pies, cherry	128	1 pie	11.5
19183	Puddings, chocolate, ready-to-eat	113	4 oz	11.3
11641	Squash, summer, all varieties, raw	113	1 cup	11.3
01143	Egg substitute, liquid	62.75	1/4 cup	11.3
09279	Plums, raw	66	1 plum	11.2
18151	Cookies, brownies, commercially prepared	56	1 brownie	11.2
11206	Cucumber, peeled, raw	280	1 large	11.2
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	11.2
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	11.1
18139	Cake, white, prepared from recipe without frosting	74	1 piece	11.1
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	11.1
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	11.0
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	10.9
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	10.8
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	10.7
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	10.5
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	10.4
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	10.4
18116	Cake, gingerbread, prepared from recipe	74	1 piece	10.4
16008	Beans, baked, canned, with franks	259	1 cup	10.4
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	10.3
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	10.2
11090	Broccoli, raw	31	1 spear	10.2
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	10.1
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	10.1
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	10.0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	10.0
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	10.0
09209	Orange juice, chilled, includes from concentrate	249	1 cup	10.0
20110	Noodles, egg, cooked, enriched	160	1 cup	9.6
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	9.6
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	9.3
21139	Fast foods, potato, mashed	80	1/3 cup	8.8
11143	Celery, raw	40	1 stalk	8.8
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	8.8
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	8.7
09206	Orange juice, raw	86	juice from 1 orange	8.6
21129	Fast foods, hush puppies	78	5 pieces	8.6
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	8.5
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	8.4
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	8.4
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	8.4
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	8.3
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	8.1
07023	Frankfurter, beef and pork	45	1 frank	8.1
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	8.1
04134	Salad dressing, home recipe, cooked	16	1 tbsp	8.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	7.9
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	7.7
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	7.7
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	7.6
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	7.6
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	7.5
09306	Raspberries, frozen, red, sweetened	250	1 cup	7.5
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	7.5
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	7.4
19097	Sherbet, orange	74	1/2 cup	7.4
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	7.4
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	7.3
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	7.2
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	7.1
11935	Catsup	15	1 tbsp	7.1
05292	Turkey patties, breaded, battered, fried	64	1 patty	7.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	7.0
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	7.0
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	6.8
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	6.8
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	6.8
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	6.8
19201	Puddings, vanilla, ready-to-eat	113	4 oz	6.8
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.8
02029	Spices, parsley, dried	1.3	1 tbsp	6.6
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	6.6
11156	Chives, raw	3	1 tbsp	6.5
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	6.5
18319	Pie, fried pies, fruit	128	1 pie	6.4
11109	Cabbage, raw	70	1 cup	6.3
19104	Candies, fudge, vanilla with nuts	15	1 piece	6.2
11677	Shallots, raw	10	1 tbsp	6.0
01032	Cheese, parmesan, grated	5	1 tbsp	6.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	6.0
11937	Pickles, cucumber, dill	65	1 pickle	5.9
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	5.6
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	5.4
11672	Potato pancakes, home-prepared	76	1 pancake	5.3
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	5.3
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	5.3
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	5.2
11205	Cucumber, with peel, raw	104	1 cup	5.2
02027	Spices, oregano, dried	1.5	1 tsp	5.2
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	5.2
09184	Melons, honeydew, raw	170	1 cup	5.1
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	5.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	5.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	5.0
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	5.0
09128	Grapefruit juice, white, raw	247	1 cup	4.9
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	4.8
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	4.8
09184	Melons, honeydew, raw	160	1/8 melon	4.8
11206	Cucumber, peeled, raw	119	1 cup	4.8
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	4.7
06174	Soup, stock, fish, home-prepared	233	1 cup	4.7
09266	Pineapple, raw, all varieties	155	1 cup	4.7
09055	Blueberries, frozen, sweetened	230	1 cup	4.6
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	4.5
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	4.5
09040	Bananas, raw	150	1 cup	4.5
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	4.4
09193	Olives, ripe, canned (small-extra large)	22	5 large	4.4
09050	Blueberries, raw	145	1 cup	4.4
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	4.2
19040	Snacks, popcorn, cheese-flavor	11	1 cup	4.2
09003	Apples, raw, with skin	138	1 apple	4.1
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	4.1
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	4.0
07073	Sandwich spread, pork, beef	15	1 tbsp	3.9
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	3.9
02045	Dill weed, fresh	1	5 sprigs	3.9
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	3.8
07064	Pork sausage, fresh, cooked	27	1 patty	3.8
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.7
07064	Pork sausage, fresh, cooked	26	2 links	3.6
04133	Salad dressing, french, home recipe	14	1 tbsp	3.6
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	3.6
09040	Bananas, raw	118	1 banana	3.5
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.4
19041	Snacks, pork skins, plain	28.35	1 oz	3.4
11081	Beets, cooked, boiled, drained	170	1 cup	3.4
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	3.3
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	3.2
09060	Carambola, (starfruit), raw	108	1 cup	3.2
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.2
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	3.1
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	3.0
18110	Cake, fruitcake, commercially prepared	43	1 piece	3.0
18306	Pie, blueberry, prepared from recipe	147	1 piece	2.9
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	2.9
18214	Crackers, cheese, regular	10	10 crackers	2.9
11935	Catsup	6	1 packet	2.8
18243	Croutons, seasoned	40	1 cup	2.8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19061	Snacks, trail mix, tropical	140	1 cup	2.8
16112	Miso	68.75	1 cup	2.8
09060	Carambola, (starfruit), raw	91	1 fruit	2.7
15141	Crustaceans, crab, blue, canned	135	1 cup	2.7
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2.6
09020	Applesauce, canned, sweetened, without salt	255	1 cup	2.6
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	2.6
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	2.6
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	2.6
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.6
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	2.6
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	2.6
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	2.6
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.5
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	2.5
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	2.5
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.5
14341	Pineapple and orange juice drink, canned	250	8 fl oz	2.5
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	2.5
09302	Raspberries, raw	123	1 cup	2.5
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.4
09153	Lemon juice, canned or bottled	244	1 cup	2.4
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.4
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	2.4
19127	Candies, milk chocolate coated raisins	10	10 pieces	2.4
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2.4
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	2.4
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	2.4
11439	Sauerkraut, canned, solids and liquids	236	1 cup	2.4
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	2.4
04015	Salad dressing, russian dressing	15.3	1 tbsp	2.3
19015	Snacks, granola bars, hard, plain	28.35	1 bar	2.3
09004	Apples, raw, without skin	110	1 cup	2.2
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.2
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	2.2
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2.2
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	2.2
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	2.1
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.1
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	2.1
09070	Cherries, sweet, raw	68	10 cherries	2.0
11954	Tomatillos, raw	34	1 medium	2.0
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.0
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	2.0
20005	Barley, pearled, raw	200	1 cup	2.0
09039	Avocados, raw, Florida	28.35	1 oz	2.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09038	Avocados, raw, California	28.35	1 oz	2.0
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	2.0
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.0
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1.9
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.9
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	1.9
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.8
11333	Peppers, sweet, green, raw	10	1 ring	1.8
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.8
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.8
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	1.7
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.7
19013	Snacks, fruit leather, pieces	28.35	1 oz	1.7
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	1.7
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.7
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	1.7
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	1.7
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.7
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	1.7
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	1.7
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	1.7
11084	Beets, canned, drained solids	170	1 cup	1.7
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.7
09316	Strawberries, raw	166	1 cup	1.7
09252	Pears, raw	166	1 pear	1.7
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	1.6
11226	Jerusalem-artichokes, raw	150	1 cup	1.5
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1.5
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1.4
18170	Cookies, fig bars	16	1 cookie	1.4
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.4
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.4
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.4
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	1.4
18039	Bread, oatmeal	27	1 slice	1.4
11945	Pickle relish, sweet	15	1 tbsp	1.4
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.3
19014	Snacks, fruit leather, rolls	21	1 large	1.3
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.3
18040	Bread, oatmeal, toasted	25	1 slice	1.3
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	1.2
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1.2

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.2
09081	Cranberry sauce, canned, sweetened	57	1 slice	1.1
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.1
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	1.0
11081	Beets, cooked, boiled, drained	50	1 beet	1.0
11135	Cauliflower, raw	100	1 cup	1.0
02015	Spices, curry powder	2	1 tsp	1.0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	1.0
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1.0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.9
11955	Tomatoes, sun-dried	2	1 piece	0.9
19035	Snacks, popcorn, oil-popped	11	1 cup	0.9
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.9
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.9
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.8
19034	Snacks, popcorn, air-popped	8	1 cup	0.8
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.8
09160	Lime juice, raw	38	juice of 1 lime	0.8
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.8
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.7
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.6
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.6
11445	Seaweed, kelp, raw	10	2 tbsp	0.6
06119	Gravy, chicken, canned	59.5	1/4 cup	0.6
06116	Gravy, beef, canned	58.25	1/4 cup	0.6
11364	Potatoes, baked, skin, without salt	58	1 skin	0.6
09150	Lemons, raw, without peel	58	1 lemon	0.6
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.5
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.5
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.5
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.5
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.5
09152	Lemon juice, raw	47	juice of 1 lemon	0.5
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.5
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.5
19036	Snacks, popcorn, cakes	10	1 cake	0.4
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.4
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.4
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.4
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.4
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.3
02010	Spices, cinnamon, ground	2.3	1 tsp	0.3
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.3
02030	Spices, pepper, black	2.1	1 tsp	0.3
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.3
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.3
12147	Nuts, pine nuts, dried	28.35	1 oz	0.3

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.3
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.3
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.3
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.3
16158	Hummus, commercial	14	1 tbsp	0.3
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.3
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.2
11084	Beets, canned, drained solids	24	1 beet	0.2
19297	Jams and preserves	20	1 tbsp	0.2
09316	Strawberries, raw	18	1 strawberry	0.2
19294	Fruit butters, apple	17	1 tbsp	0.2
01072	Dessert topping, pressurized	4	1 tbsp	0.2
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.2
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.2
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.2
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.2
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.2
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.1
11135	Cauliflower, raw	13	1 floweret	0.1
09316	Strawberries, raw	12	1 strawberry	0.1
19074	Candies, caramels	10.1	1 piece	0.1
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.1
16055	Carob flour	8	1 tbsp	0.1
02007	Spices, celery seed	2	1 tsp	0.1
11284	Onions, dehydrated flakes	5	1 tbsp	0.1
01069	Cream substitute, powdered	2	1 tsp	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.0
18360	Taco shells, baked	13.3	1 medium	0.0
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.0
21118	Fast foods, hotdog, plain	98	1 sandwich	0.0
18353	Rolls, hard (includes kaiser)	57	1 roll	0.0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.0
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07022	Frankfurter, beef	45	1 frank	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.0
07027	Ham, chopped, not canned	21	2 slices	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.0
07028	Ham, sliced, extra lean	56.7	2 slices	0.0
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.0
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.0
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.0
07069	Salami, cooked, beef and pork	56.7	2 slices	0.0
07072	Salami, dry or hard, pork, beef	20	2 slices	0.0
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.0
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
02048	Vinegar, cider	15	1 tbsp	0.0
02050	Vanilla extract	4.2	1 tsp	0.0
02055	Horseradish, prepared	5	1 tsp	0.0
20028	Couscous, dry	173	1 cup	0.0
04002	Lard	12.8	1 tbsp	0.0
20029	Couscous, cooked	157	1 cup	0.0
20033	Oat bran, raw	94	1 cup	0.0
20034	Oat bran, cooked	219	1 cup	0.0
20037	Rice, brown, long-grain, cooked	195	1 cup	0.0
19071	Candies, carob	28.35	1 oz	0.0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.0
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.0
20006	Barley, pearled, cooked	157	1 cup	0.0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20011	Buckwheat flour, whole-groat	120	1 cup	0.0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.0
01124	Egg, white, raw, fresh	33.4	1 large	0.0
19353	Syrups, maple	20	1 tbsp	0.0
20012	Bulgur, dry	140	1 cup	0.0
02047	Salt, table	6	1 tsp	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
20027	Cornstarch	8.064	1 tbsp	0.0
19334	Sugars, brown	3.2	1 tsp	0.0
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.0
19305	Molasses, blackstrap	20	1 tbsp	0.0
19300	Jellies	19	1 tbsp	0.0
19296	Honey	21	1 tbsp	0.0
02020	Spices, garlic powder	2.8	1 tsp	0.0
02026	Spices, onion powder	2.1	1 tsp	0.0
20013	Bulgur, cooked	182	1 cup	0.0
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.0
19350	Syrups, corn, light	20	1 tbsp	0.0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.0
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.0
20080	Wheat flour, whole-grain	120	1 cup	0.0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.0
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.0
20083	Wheat flour, white, bread, enriched	137	1 cup	0.0
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.0
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.0
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.0
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.0
06125	Gravy, turkey, canned	59.6	1/4 cup	0.0
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.0
20084	Wheat flour, white, cake, enriched	137	1 cup	0.0
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.0
20089	Wild rice, cooked	164	1 cup	0.0
20100	Macaroni, cooked, enriched	140	1 cup	0.0
20113	Noodles, chinese, chow mein	45	1 cup	0.0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.0
19107	Candies, hard	3	1 small piece	0.0
21024	Fast foods, french toast sticks	141	5 sticks	0.0
04582	Vegetable oil, canola	14	1 tbsp	0.0

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## Vitamin A, RAE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.0
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
19116	Candies, marshmallows	50	1 cup	0.0
09094	Figs, dried, uncooked	38	2 figs	0.0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.0
19107	Candies, hard	6	1 piece	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19080	Candies, semisweet chocolate	168	1 cup	0.0
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.0
20068	Tapioca, pearl, dry	152	1 cup	0.0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.0
19108	Candies, jellybeans	28.35	10 large	0.0
11282	Onions, raw	160	1 cup	0.0
14181	Chocolate syrup	18.75	1 tbsp	0.0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.0
11260	Mushrooms, raw	70	1 cup	0.0
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.0
11264	Mushrooms, canned, drained solids	156	1 cup	0.0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0
11282	Onions, raw	14	1 slice	0.0
11282	Onions, raw	110	1 whole	0.0
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.0
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.0
09087	Dates, deglet noor	41.5	5 dates	0.0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.0
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.0
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.0
16051	Beans, white, mature seeds, canned	262	1 cup	0.0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.0
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
14429	Water, municipal	237	8 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
11215	Garlic, raw	3	1 clove	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.0
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.0
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.0
13350	Beef, cured, dried	28.35	1 oz	0.0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.0
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.0
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.0
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.0
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.0
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.0
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.0
12104	Nuts, coconut meat, raw	45	1 piece	0.0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.0
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
11961	Hearts of palm, canned	33	1 piece	0.0
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.0
11399	Potato puffs, frozen, prepared	79	10 puffs	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.0
14150	Carbonated beverage, orange	372	12 fl oz	0.0
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14142	Carbonated beverage, grape soda	372	12 fl oz	0.0
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.0
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.0
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.0
11429	Radishes, raw	4.5	1 radish	0.0
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.0
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.0
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09087	Dates, deglet noor	178	1 cup	0.0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.0
18177	Cookies, molasses	15	1 cookie, medium	0.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.0
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.0
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.0
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.0
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.0
18086	Cake, angelfood, commercially prepared	28	1 piece	0.0
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.0
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.0
18232	Crackers, wheat, regular	8	4 crackers	0.0
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.0
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.0
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.0
18283	Muffins, oat bran	57	1 muffin	0.0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.0
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.0
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.0
18235	Crackers, whole-wheat	16	4 crackers	0.0
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.0
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.0
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.0
18229	Crackers, standard snack-type, regular	12	4 crackers	0.0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.0
18226	Crackers, rye, wafers, plain	11	1 wafer	0.0
18220	Crackers, melba toast, plain	20	4 pieces	0.0
18217	Crackers, matzo, plain	28.35	1 matzo	0.0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.0
09340	Pears, asian, raw	122	1 pear	0.0
09340	Pears, asian, raw	275	1 pear	0.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.0
09298	Raisins, seedless	14	1 packet	0.0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.0
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.0
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.0
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.0
18061	Bread, rye, toasted	24	1 slice	0.0
18060	Bread, rye	32	1 slice	0.0
18057	Bread, reduced-calorie, white	23	1 slice	0.0
18055	Bread, reduced-calorie, wheat	23	1 slice	0.0
18053	Bread, reduced-calorie, rye	23	1 slice	0.0
18048	Bread, raisin, toasted, enriched	24	1 slice	0.0
18047	Bread, raisin, enriched	26	1 slice	0.0
18025	Bread, cracked-wheat	25	1 slice	0.0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.0

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.0
18045	Bread, pumpernickel, toasted	29	1 slice	0.0
18044	Bread, pumpernickel	32	1 slice	0.0
18041	Bread, pita, white, enriched	28	4" pita	0.0
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.0
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.0
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.0
18033	Bread, italian	20	1 slice	0.0
09294	Prune juice, canned	256	1 cup	0.0
09298	Raisins, seedless	145	1 cup	0.0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.0