

USDA National Nutrient Database for Standard Reference, Release 21
Selenium, Se (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	543.5
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	88.6
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	86.4
20080	Wheat flour, whole-grain	120	1 cup	84.8
15128	Fish, tuna salad	205	1 cup	84.5
05172	Turkey, all classes, giblets, cooked, simmered, some gibleat fat	145	1 cup	84.0
20005	Barley, pearled, raw	200	1 cup	75.4
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	75.1
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	74.4
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	73.9
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	69.7
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	68.4
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	68.3
15111	Fish, swordfish, cooked, dry heat	106	1 piece	65.4
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	64.6
15034	Fish, haddock, cooked, dry heat	150	1 fillet	60.8
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	60.2
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	58.6
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	56.5
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	55.8
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	55.0
20083	Wheat flour, white, bread, enriched	137	1 cup	54.4
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	53.5
15111	Fish, swordfish, cooked, dry heat	85	3 oz	52.4
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	51.5
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	49.8
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	49.8
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	49.5
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	49.5
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	47.2
01095	Milk, canned, condensed, sweetened	306	1 cup	45.3
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	44.9
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	44.8
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	44.2
21042	Fast foods, chili con carne	253	1 cup	44.0
20029	Couscous, cooked	157	1 cup	43.2
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	43.0
15141	Crustaceans, crab, blue, canned	135	1 cup	42.9
20033	Oat bran, raw	94	1 cup	42.5
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	42.4
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	42.4
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	41.5
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	41.3
01037	Cheese, ricotta, part skim milk	246	1 cup	41.1
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	40.7
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	40.6
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	40.4
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	40.4

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12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	39.9
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	39.8
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	39.8
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	39.8
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	39.8
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	39.4
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	39.2
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	38.8
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	38.5
20110	Noodles, egg, cooked, enriched	160	1 cup	38.2
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	38.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	37.1
20100	Macaroni, cooked, enriched	140	1 cup	37.0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	37.0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	36.9
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	36.7
13348	Beef, cured, corned beef, canned	85.05	3 oz	36.5
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	36.3
20125	Spaghetti, whole-wheat, cooked	140	1 cup	36.3
21082	Fast foods, taco	263	1 large	36.0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	36.0
01036	Cheese, ricotta, whole milk	246	1 cup	35.7
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	35.4
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	35.3
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	34.9
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	34.9
18367	Waffles, plain, prepared from recipe	75	1 waffle	34.7
15034	Fish, haddock, cooked, dry heat	85	3 oz	34.4
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	34.4
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	34.2
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	34.0
22401	Spaghetti with meat sauce, frozen entree	283	1 package	33.7
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	33.6
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	33.4
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	33.2
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	33.0
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	32.9
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	32.4
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	32.1
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	32.1
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	31.8
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	31.6
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	31.5
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	31.0

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21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	30.8
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	30.6
05306	Poultry food products, ground turkey, cooked	82	1 patty	30.5
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	29.8
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	29.6
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	29.2
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	29.2
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	28.5
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	28.3
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	28.2
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	28.1
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	27.9
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	27.9
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	27.9
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	27.8
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	27.7
18005	Bagels, cinnamon-raisin	89	4" bagel	27.6
15077	Fish, salmon, chinook, smoked	85.05	3 oz	27.6
05286	Turkey and gravy, frozen	142	5-oz package	27.3
18003	Bagels, egg	89	4" bagel	27.2
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	27.0
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	26.2
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	26.0
21118	Fast foods, hotdog, plain	98	1 sandwich	26.0
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	25.7
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	25.7
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	25.6
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	25.5
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	25.4
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	25.0
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	24.8
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	24.5
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	24.4
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	24.4
22402	Beef Macaroni, frozen entree	240	1 package	24.2
22247	Macaroni and Cheese, canned entree	252	1 cup	23.9
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	23.7
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	23.7
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	23.6
21082	Fast foods, taco	171	1 small	23.4
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	23.4
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	23.3
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	23.1

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17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	22.9
22904	Chili con carne with beans, canned entree	222	1 cup	22.6
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	22.6
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	22.5
05277	Chicken, canned, meat only, with broth	142	5 oz	22.4
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	22.4
18353	Rolls, hard (includes kaiser)	57	1 roll	22.3
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	22.2
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	22.0
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	22.0
18003	Bagels, egg	71	3-1/2" bagel	21.7
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	21.6
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	20.9
21023	Fast foods, french toast with butter	135	2 slices	20.9
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	20.8
15157	Mollusks, clam, mixed species, raw	85	3 oz	20.7
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	20.4
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	20.3
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	20.3
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	20.0
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	19.7
20113	Noodles, chinese, chow mein	45	1 cup	19.4
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	19.3
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	19.3
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	19.2
20037	Rice, brown, long-grain, cooked	195	1 cup	19.1
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	19.0
20020	Cornmeal, whole-grain, yellow	122	1 cup	18.9
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	18.8
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	18.6
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	18.5
01123	Egg, whole, raw, fresh	58	1 extra large	18.4
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	18.4
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	18.3
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	18.2
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	18.2
07028	Ham, sliced, extra lean	56.7	2 slices	17.9
07069	Salami, cooked, beef and pork	56.7	2 slices	17.7
01013	Cheese, cottage, creamed, with fruit	226	1 cup	17.4
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	17.2
21024	Fast foods, french toast sticks	141	5 sticks	17.2
21015	Fast foods, danish pastry, cheese	91	1 pastry	17.2
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	17.0
20034	Oat bran, cooked	219	1 cup	16.9
16008	Beans, baked, canned, with franks	259	1 cup	16.8
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	16.8
35142	Frybread, made with lard (Navajo)	90	5" bread	16.7

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16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	16.4
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	16.3
18041	Bread, pita, white, enriched	60	6-1/2" pita	16.3
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	16.2
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	16.2
01164	Cheese sauce, prepared from recipe	243	1 cup	16.0
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	16.0
01123	Egg, whole, raw, fresh	50	1 large	15.9
01131	Egg, whole, cooked, poached	50	1 large	15.8
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	15.8
01128	Egg, whole, cooked, fried	46	1 large	15.7
21078	Fast foods, nachos, with cheese	113	6-8 nachos	15.7
01143	Egg substitute, liquid	62.75	1/4 cup	15.6
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	15.6
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	15.5
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	15.5
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	15.4
01129	Egg, whole, cooked, hard-boiled	50	1 large	15.4
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	15.2
11658	Spinach souffle	136	1 cup	15.1
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	15.1
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	14.8
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	14.7
18325	Pie, pecan, prepared from recipe	122	1 piece	14.6
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	14.3
05292	Turkey patties, breaded, battered, fried	64	1 patty	14.1
18309	Pie, cherry, prepared from recipe	180	1 piece	14.0
07008	Bologna, beef and pork	56.7	2 slices	13.9
01123	Egg, whole, raw, fresh	44	1 medium	13.9
21017	Fast foods, danish pastry, fruit	94	1 pastry	13.9
11546	Tomato products, canned, paste, without salt added	262	1 cup	13.9
01132	Egg, whole, cooked, scrambled	61	1 large	13.7
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	13.7
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	13.6
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	13.5
20006	Barley, pearled, cooked	157	1 cup	13.5
18245	Danish pastry, cheese	71	1 danish	13.4
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	13.2
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	13.1
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	13.1
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	13.1
21119	Fast foods, hotdog, with chili	114	1 sandwich	13.0
18239	Croissants, butter	57	1 croissant	12.9
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	12.8
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	12.8
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.7
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	12.7

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08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	12.6
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	12.6
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	12.6
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	12.5
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	12.2
18302	Pie, apple, prepared from recipe	155	1 piece	12.1
18116	Cake, gingerbread, prepared from recipe	74	1 piece	12.1
18027	Bread, egg	40	1/2" slice	12.0
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	12.0
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	11.9
20045	Rice, white, long-grain, regular, cooked	158	1 cup	11.9
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	11.8
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	11.8
16120	Soymilk, original and vanilla, unfortified	245	1 cup	11.8
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	11.7
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	11.7
18134	Cake, sponge, prepared from recipe	63	1 piece	11.7
19041	Snacks, pork skins, plain	28.35	1 oz	11.6
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	11.6
18243	Croutons, seasoned	40	1 cup	11.5
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	11.5
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	11.3
18075	Bread, whole-wheat, commercially prepared	28	1 slice	11.3
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	11.3
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	11.1
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	11.1
18327	Pie, pumpkin, prepared from recipe	155	1 piece	11.0
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	10.9
18306	Pie, blueberry, prepared from recipe	147	1 piece	10.9
16073	Lima beans, large, mature seeds, canned	241	1 cup	10.8
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	10.8
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	10.8
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	10.7
01057	Eggnog	254	1 cup	10.7
14347	Shake, fast food, vanilla	333	16 fl oz	10.7
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	10.6
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	10.5
18217	Crackers, matzo, plain	28.35	1 matzo	10.5
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	10.5
07024	Frankfurter, chicken	45	1 frank	10.4
11414	Potato salad, home-prepared	250	1 cup	10.3
06166	Sauce, homemade, white, medium	250	1 cup	10.3
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	10.2
21074	Fast foods, enchilada, with cheese	163	1 enchilada	10.1
18060	Bread, rye	32	1 slice	9.9

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18268	French toast, frozen, ready-to-heat	59	1 slice	9.9
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	9.7
18139	Cake, white, prepared from recipe without frosting	74	1 piece	9.6
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	9.6
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	9.6
21043	Fast foods, clams, breaded and fried	115	3/4 cup	9.5
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	9.4
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	9.4
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	9.4
01125	Egg, yolk, raw, fresh	16.6	1 large	9.3
13350	Beef, cured, dried	28.35	1 oz	9.2
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	9.2
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	9.0
01077	Milk, whole, 3.25% milkfat	244	1 cup	9.0
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	9.0
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	9.0
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	9.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	8.9
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	8.9
18279	Muffins, corn, commercially prepared	57	1 muffin	8.7
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	8.6
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	8.6
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	8.6
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	8.6
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	8.6
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	8.5
18310	Pie, chocolate creme, commercially prepared	113	1 piece	8.5
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	8.5
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	8.5
18350	Rolls, hamburger or hotdog, plain	43	1 roll	8.4
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	8.4
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	8.3
07017	Chicken roll, light meat	56.7	2 slices	8.2
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	8.2
18061	Bread, rye, toasted	24	1 slice	8.2
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	8.1
21129	Fast foods, hush puppies	78	5 pieces	8.0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	8.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	7.9
18324	Pie, pecan, commercially prepared	113	1 piece	7.9
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	7.8
18044	Bread, pumpernickel	32	1 slice	7.8
18045	Bread, pumpernickel, toasted	29	1 slice	7.8
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	7.8
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	7.8
18065	Bread, wheat, toasted	23	1 slice	7.7

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18088	Cake, angelfood, dry mix, prepared	50	1 piece	7.7
19087	Candies, white chocolate	170	1 cup	7.7
18280	Muffins, corn, dry mix, prepared	50	1 muffin	7.6
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	7.6
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	7.6
18041	Bread, pita, white, enriched	28	4" pita	7.6
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	7.5
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	7.5
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	7.5
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	7.4
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	7.3
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	7.3
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	7.3
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	7.3
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	7.2
18064	Bread, wheat	25	1 slice	7.2
01111	Milk shakes, thick vanilla	313	11 fl oz	7.2
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	7.1
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	7.1
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	7.1
19080	Candies, semisweet chocolate	168	1 cup	7.1
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	7.1
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	7.0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	7.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	7.0
18055	Bread, reduced-calorie, wheat	23	1 slice	7.0
18220	Crackers, melba toast, plain	20	4 pieces	7.0
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	7.0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	6.9
20011	Buckwheat flour, whole-groat	120	1 cup	6.8
18070	Bread, white, commercially prepared, toasted	22	1 slice	6.8
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	6.8
11672	Potato pancakes	76	1 pancake	6.8
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	6.7
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	6.7
20084	Wheat flour, white, cake, enriched	137	1 cup	6.7
01124	Egg, white, raw, fresh	33.4	1 large	6.7
18040	Bread, oatmeal, toasted	25	1 slice	6.7
18316	Pie, coconut custard, commercially prepared	104	1 piece	6.7
18039	Bread, oatmeal	27	1 slice	6.6
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	6.6
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	6.6
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	6.6
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	6.6
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	6.5

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11260	Mushrooms, white, raw	70	1 cup	6.5
18053	Bread, reduced-calorie, rye	23	1 slice	6.4
01097	Milk, canned, evaporated, nonfat	256	1 cup	6.4
11264	Mushrooms, canned, drained solids	156	1 cup	6.4
18025	Bread, cracked-wheat	25	1 slice	6.3
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	6.3
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	6.3
18283	Muffins, oat bran	57	1 muffin	6.3
07023	Frankfurter, beef and pork	45	1 frank	6.2
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	6.1
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	6.1
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.1
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	6.0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	6.0
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	6.0
18023	Bread, cornbread, dry mix, prepared	60	1 piece	5.9
18326	Pie, pumpkin, commercially prepared	109	1 piece	5.9
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	5.9
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	5.8
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	5.8
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	5.8
01110	Milk shakes, thick chocolate	300	10.6 fl oz	5.7
14346	Shake, fast food, chocolate	333	16 fl oz	5.7
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	5.6
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	5.5
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	5.5
01007	Cheese, camembert	38	1 wedge	5.5
19193	Puddings, rice, ready-to-eat	113.4	4 oz	5.4
18033	Bread, italian	20	1 slice	5.4
09087	Dates, deglet noor	178	1 cup	5.3
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	5.3
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	5.3
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	5.3
07072	Salami, dry or hard, pork, beef	20	2 slices	5.2
21033	Fast foods, sundae, hot fudge	158	1 sundae	5.2
18048	Bread, raisin, toasted, enriched	24	1 slice	5.2
18047	Bread, raisin, enriched	26	1 slice	5.2
01040	Cheese, swiss	28.35	1 oz	5.2
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	5.1
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	5.1
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	5.0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	5.0
18057	Bread, reduced-calorie, white	23	1 slice	5.0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	4.9
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	4.9
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	4.8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01026	Cheese, mozzarella, whole milk	28.35	1 oz	4.8
16112	Miso	68.75	1 cup	4.8
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	4.8
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	4.8
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	4.6
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	4.6
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	4.6
19015	Snacks, granola bars, hard, plain	28.35	1 bar	4.6
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	4.6
12104	Nuts, coconut meat, raw	45	1 piece	4.5
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	4.5
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	4.5
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	4.4
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	4.4
21083	Fast foods, taco salad	198	1-1/2 cups	4.4
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	4.3
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	4.3
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	4.3
01019	Cheese, feta	28.35	1 oz	4.3
16051	Beans, white, mature seeds, canned	262	1 cup	4.2
18147	Cheesecake commercially prepared	80	1 piece	4.2
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	4.2
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	4.1
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	4.1
01004	Cheese, blue	28.35	1 oz	4.1
01035	Cheese, provolone	28.35	1 oz	4.1
01030	Cheese, muenster	28.35	1 oz	4.1
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	4.1
01009	Cheese, cheddar	28.35	1 oz	3.9
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	3.9
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	3.9
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	3.9
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	3.9
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	3.9
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	3.8
18090	Cake, boston cream pie, commercially prepared	92	1 piece	3.8
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.7
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	3.7
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	3.7
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.7
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	3.7
07022	Frankfurter, beef	45	1 frank	3.7
11012	Asparagus, cooked, boiled, drained	60	4 spears	3.7
07027	Ham, chopped, not canned	21	2 slices	3.7
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	3.6
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	3.6

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	3.6
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	3.6
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.5
21088	Tostada with guacamole	130.5	1 tostada	3.5
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.5
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	3.5
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.4
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	3.4
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	3.3
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.3
20012	Bulgur, dry	140	1 cup	3.2
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	3.2
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	3.1
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	3.1
18444	Pie, fried pies, cherry	128	1 pie	3.1
18319	Pie, fried pies, fruit	128	1 pie	3.1
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	3.1
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	3.0
11461	Spinach, canned, drained solids	214	1 cup	3.0
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	3.0
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	2.9
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	2.9
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	2.9
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	2.9
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	2.9
21077	Fast foods, frijoles with cheese	167	1 cup	2.8
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	2.8
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	2.8
18133	Cake, sponge, commercially prepared	30	1 shortcake	2.7
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.7
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	2.7
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	2.7
09277	Plantains, raw	179	1 medium	2.7
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	2.7
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	2.7
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.6
18226	Crackers, rye, wafers, plain	11	1 wafer	2.6
19089	Ice creams, vanilla, rich	74	1/2 cup	2.6
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	2.6
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	2.6
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	2.6
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2.5
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.5
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	2.5
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.5
18120	Cake, pound, commercially prepared, butter	28	1 piece	2.5
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	2.5

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18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.5
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.4
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	2.4
18235	Crackers, whole-wheat	16	4 crackers	2.4
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2.3
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2.3
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	2.3
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	2.3
06174	Soup, stock, fish, home-prepared	233	1 cup	2.3
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	2.3
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	2.3
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	2.3
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.3
19422	Snacks, potato chips, reduced fat	28.35	1 oz	2.3
19411	Snacks, potato chips, plain, salted	28.35	1 oz	2.3
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.3
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2.3
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.3
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	2.3
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	2.3
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	2.2
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	2.2
11090	Broccoli, raw	88	1 cup	2.2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	2.2
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	2.2
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	2.2
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	2.2
19126	Candies, milk chocolate coated peanuts	40	10 pieces	2.2
09278	Plantains, cooked	154	1 cup	2.2
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	2.1
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.1
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.1
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.1
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	2.1
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.1
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	2.1
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.1
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	2.1
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	2.1
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	2.1
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	2.1
18086	Cake, angelfood, commercially prepared	28	1 piece	2.0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.0
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	2.0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	2.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	2.0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	2.0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	2.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	2.0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	2.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	2.0
06094	Soup, onion, dry, mix	39	1 packet	2.0
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	1.9
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.9
09226	Papayas, raw	304	1 papaya	1.8
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.8
11512	Sweet potato, canned, vacuum pack	255	1 cup	1.8
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.8
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.8
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.8
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.8
11547	Tomato products, canned, puree, without salt added	250	1 cup	1.8
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.7
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.7
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.7
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.7
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.7
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1.7
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	1.7
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.7
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	1.7
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.7
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	1.7
19270	Ice creams, chocolate	66	1/2 cup	1.7
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1.6
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	1.6
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
18305	Pie, blueberry, commercially prepared	117	1 piece	1.6
22905	Beef stew, canned entree	232	1 cup	1.6
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	1.6
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.6
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.6
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.6
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	1.6
09294	Prune juice, canned	256	1 cup	1.5
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	1.5
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1.5
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.5
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.5
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	1.5
09040	Bananas, raw	150	1 cup	1.5
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	1.5
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.5
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1.5
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	1.5
19071	Candies, carob, unsweetened	28.35	1 oz	1.5

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14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	1.5
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	1.5
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.5
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	1.5
07073	Sandwich spread, pork, beef	15	1 tbsp	1.5
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.4
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	1.4
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.4
14006	Alcoholic beverage, beer, light	354	12 fl oz	1.4
11439	Sauerkraut, canned, solids and liquids	236	1 cup	1.4
11655	Carrot juice, canned	236	1 cup	1.4
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	1.4
18308	Pie, cherry, commercially prepared	117	1 piece	1.4
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.4
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.4
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.4
19088	Ice creams, vanilla, light	66	1/2 cup	1.3
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.3
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	1.3
01094	Milk, buttermilk, dried	6.5	1 tbsp	1.3
20089	Wild rice, cooked	164	1 cup	1.3
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.3
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1.3
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	1.3
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	1.3
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	1.3
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	1.3
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1.3
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.3
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.3
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.3
09087	Dates, deglet noor	41.5	5 dates	1.2
09176	Mangos, raw	207	1 mango	1.2
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	1.2
11015	Asparagus, canned, drained solids	72	4 spears	1.2
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	1.2
20068	Tapioca, pearl, dry	152	1 cup	1.2
11578	Vegetable juice cocktail, canned	242	1 cup	1.2
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	1.2
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	1.2
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.2
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.2
09184	Melons, honeydew, raw	170	1 cup	1.2
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.2
11081	Beets, cooked, boiled, drained	170	1 cup	1.2
19095	Ice creams, vanilla	66	1/2 cup	1.2

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09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	1.2
09040	Bananas, raw	118	1 banana	1.2
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.2
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1.2
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.2
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.2
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.2
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.2
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.1
09326	Watermelon, raw	286	1 wedge	1.1
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.1
09184	Melons, honeydew, raw	160	1/8 melon	1.1
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	1.1
19097	Sherbet, orange	74	1/2 cup	1.1
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.1
20013	Bulgur, cooked	182	1 cup	1.1
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.1
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	1.1
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.1
02020	Spices, garlic powder	2.8	1 tsp	1.1
11226	Jerusalem-artichokes, raw	150	1 cup	1.1
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	1.0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	1.0
21127	Fast foods, coleslaw	99	3/4 cup	1.0
09176	Mangos, raw	165	1 cup	1.0
19036	Snacks, popcorn, cakes	10	1 cake	1.0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	1.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.0
11424	Pumpkin, canned, without salt	245	1 cup	1.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.9
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.9
11205	Cucumber, with peel, raw	301	1 large	0.9
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.9
09200	Oranges, raw, all commercial varieties	180	1 cup	0.9
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.9
01032	Cheese, parmesan, grated	5	1 tbsp	0.9
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.9
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.9
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.9

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09298	Raisins, seedless	145	1 cup	0.9
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.9
18214	Crackers, cheese, regular	10	10 crackers	0.9
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.9
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.9
01031	Cheese, neufchatel	28.35	1 oz	0.9
11084	Beets, canned, drained solids	170	1 cup	0.9
19116	Candies, marshmallows	50	1 cup	0.9
18177	Cookies, molasses	15	1 cookie, medium	0.8
09226	Papayas, raw	140	1 cup	0.8
11159	Coleslaw, home-prepared	120	1 cup	0.8
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.8
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.8
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.8
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.8
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0.8
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.8
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.8
11282	Onions, raw	160	1 cup	0.8
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.8
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.8
11090	Broccoli, raw	31	1 spear	0.8
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.8
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.8
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.8
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.8
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.8
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.8
01186	Cheese, cream, fat free	15.6	1 tbsp	0.8
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.8
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.7
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.7
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.7
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.7
11540	Tomato juice, canned, with salt added	243	1 cup	0.7
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.7
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.7
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.7
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.7
09316	Strawberries, raw	166	1 cup	0.7
09200	Oranges, raw, all commercial varieties	131	1 orange	0.7
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.7
09060	Carambola, (starfruit), raw	108	1 cup	0.6
09181	Melons, cantaloupe, raw	160	1 cup	0.6
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.6
18360	Taco shells, baked	13.3	1 medium	0.6
11114	Cabbage, savoy, raw	70	1 cup	0.6

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19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.6
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.6
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.6
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.6
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.6
09326	Watermelon, raw	152	1 cup	0.6
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.6
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.6
11135	Cauliflower, raw	100	1 cup	0.6
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.6
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.6
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.6
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.6
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.6
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.6
09042	Blackberries, raw	144	1 cup	0.6
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.6
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.6
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.6
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.6
11282	Onions, raw	110	1 whole	0.6
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.5
09060	Carambola, (starfruit), raw	91	1 fruit	0.5
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.5
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.5
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.5
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.5
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.5
18170	Cookies, fig bars	16	1 cookie	0.5
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.5
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.5
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.5
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.5
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.5
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.5
18232	Crackers, wheat, regular	8	4 crackers	0.5
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.5
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.5
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.5
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.5
11549	Tomato products, canned, sauce	245	1 cup	0.5
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.5
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.5
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.5
11143	Celery, raw	120	1 cup	0.5
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.5
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.5

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11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.5
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.5
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.5
09055	Blueberries, frozen, sweetened	230	1 cup	0.5
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.5
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.5
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.4
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.4
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.4
18229	Crackers, standard snack-type, regular	12	4 crackers	0.4
11215	Garlic, raw	3	1 clove	0.4
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.4
16055	Carob flour	8	1 tbsp	0.4
11112	Cabbage, red, raw	70	1 cup	0.4
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.4
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.4
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.4
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.4
11364	Potatoes, baked, skin, without salt	58	1 skin	0.4
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.4
19297	Jams and preserves	20	1 tbsp	0.4
21139	Fast foods, potato, mashed	80	1/3 cup	0.4
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.4
02029	Spices, parsley, dried	1.3	1 tbsp	0.4
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.4
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.4
14157	Carbonated beverage, root beer	370	12 fl oz	0.4
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.4
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.4
16158	Hummus, commercial	14	1 tbsp	0.4
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0.4
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.4
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.4
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.4
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.4
11081	Beets, cooked, boiled, drained	50	1 beet	0.4
01017	Cheese, cream	14.5	1 tbsp	0.3
02015	Spices, curry powder	2	1 tsp	0.3
11253	Lettuce, green leaf, raw	56	1 cup	0.3
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.3
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.3
11740	Broccoli, flower clusters, raw	11	1 floweret	0.3
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.3
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.3
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.3
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.3
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.3

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11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.3
01056	Cream, sour, cultured	12	1 tbsp	0.3
11205	Cucumber, with peel, raw	104	1 cup	0.3
19108	Candies, jellybeans	28.35	10 large	0.3
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.3
11457	Spinach, raw	30	1 cup	0.3
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.3
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.3
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.3
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.3
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.3
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.3
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.3
11206	Cucumber, peeled, raw	280	1 large	0.3
09181	Melons, cantaloupe, raw	69	1/8 melon	0.3
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.3
09340	Pears, asian, raw	275	1 pear	0.3
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.3
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.3
01049	Cream, fluid, half and half	15	1 tbsp	0.3
14181	Chocolate syrup	18.75	1 tbsp	0.3
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.3
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.3
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.3
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.3
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.3
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.3
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.3
11284	Onions, dehydrated flakes	5	1 tbsp	0.3
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.3
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.3
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.3
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
14277	Grape drink, canned	250	8 fl oz	0.3
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.2
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.2
09223	Tangerine juice, canned, sweetened	249	1 cup	0.2
09207	Orange juice, canned, unsweetened	249	1 cup	0.2
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.2
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.2
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.2
09206	Orange juice, raw	248	1 cup	0.2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.2

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09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.2
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.2
09128	Grapefruit juice, white, raw	247	1 cup	0.2
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.2
09302	Raspberries, raw	123	1 cup	0.2
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.2
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.2
09153	Lemon juice, canned or bottled	244	1 cup	0.2
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.2
02007	Spices, celery seed	2	1 tsp	0.2
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.2
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.2
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.2
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.2
09150	Lemons, raw, without peel	58	1 lemon	0.2
11961	Hearts of palm, canned	33	1 piece	0.2
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.2
09094	Figs, dried, uncooked	38	2 figs	0.2
11641	Squash, summer, all varieties, raw	113	1 cup	0.2
20027	Cornstarch	8.064	1 tbsp	0.2
11670	Peppers, hot chili, green, raw	45	1 pepper	0.2
11819	Peppers, hot chili, red, raw	45	1 pepper	0.2
11251	Lettuce, cos or romaine, raw	56	1 cup	0.2
04133	Salad dressing, french, home recipe	14	1 tbsp	0.2
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.2
11109	Cabbage, raw	70	1 cup	0.2
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.2
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.2
06150	Sauce, barbecue	15.75	1 tbsp	0.2
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.2
12147	Nuts, pine nuts, dried	28.35	1 oz	0.2
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.2
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.2
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.2
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.2
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.2
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.2
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.2
19074	Candies, caramels	10.1	1 piece	0.2
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.2
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.2
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.2
11954	Tomatillos, raw	34	1 medium	0.2
09236	Peaches, raw	170	1 cup	0.2
19296	Honey	21	1 tbsp	0.2
09252	Pears, raw	166	1 pear	0.2
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.2
11143	Celery, raw	40	1 stalk	0.2

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09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.2
02009	Spices, chili powder	2.6	1 tsp	0.2
09266	Pineapple, raw, all varieties	155	1 cup	0.2
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.2
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.2
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.2
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.2
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.2
11821	Peppers, sweet, red, raw	149	1 cup	0.1
09050	Blueberries, raw	145	1 cup	0.1
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.1
01001	Butter, salted	14.2	1 tbsp	0.1
01145	Butter, without salt	14.2	1 tbsp	0.1
19350	Syrups, corn, light	20	1 tbsp	0.1
02055	Horseradish, prepared	5	1 tsp	0.1
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.1
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.1
09340	Pears, asian, raw	122	1 pear	0.1
19353	Syrups, maple	20	1 tbsp	0.1
11084	Beets, canned, drained solids	24	1 beet	0.1
11677	Shallots, raw	10	1 tbsp	0.1
11206	Cucumber, peeled, raw	119	1 cup	0.1
11821	Peppers, sweet, red, raw	119	1 pepper	0.1
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.1
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.1
09038	Avocados, raw, California	28.35	1 oz	0.1
11124	Carrots, raw	110	1 cup	0.1
11955	Tomatoes, sun-dried	2	1 piece	0.1
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.1
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.1
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.1
11213	Endive, raw	50	1 cup	0.1
11457	Spinach, raw	10	1 leaf	0.1
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.1
09236	Peaches, raw	98	1 peach	0.1
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.1
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.1
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.1
11960	Carrots, baby, raw	10	1 medium	0.1
02027	Spices, oregano, dried	1.5	1 tsp	0.1
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.1
09206	Orange juice, raw	86	juice from 1 orange	0.1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.1
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.1
19014	Snacks, fruit leather, rolls	21	1 large	0.1
02028	Spices, paprika	2.1	1 tsp	0.1
09298	Raisins, seedless	14	1 packet	0.1
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.1

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11135	Cauliflower, raw	13	1 floweret	0.1
19300	Jellies	19	1 tbsp	0.1
01052	Cream, fluid, light whipping	15	1 tbsp	0.1
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.1
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.1
11124	Carrots, raw	72	1 carrot	0.1
09316	Strawberries, raw	18	1 strawberry	0.1
02010	Spices, cinnamon, ground	2.3	1 tsp	0.1
11282	Onions, raw	14	1 slice	0.1
11445	Seaweed, kelp, raw	10	2 tbsp	0.1
19294	Fruit butters, apple	17	1 tbsp	0.1
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.1
02030	Spices, pepper, black	2.1	1 tsp	0.1
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.1
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.1
01072	Dessert topping, pressurized	4	1 tbsp	0.1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
11253	Lettuce, green leaf, raw	10	1 leaf	0.1
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.1
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.1
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.1
09316	Strawberries, raw	12	1 strawberry	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
09152	Lemon juice, raw	47	juice of 1 lemon	0.0
11935	Catsup	15	1 tbsp	0.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.0
02026	Spices, onion powder	2.1	1 tsp	0.0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0.0
19334	Sugars, brown	3.2	1 tsp	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
09160	Lime juice, raw	38	juice of 1 lime	0.0
19107	Candies, hard	6	1 piece	0.0
09021	Apricots, raw	35	1 apricot	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
11156	Chives, raw	3	1 tbsp	0.0
11429	Radishes, raw	4.5	1 radish	0.0
04002	Lard	12.8	1 tbsp	0.0
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
11943	Pimento, canned	12	1 tbsp	0.0
19107	Candies, hard	3	1 small piece	0.0
11935	Catsup	6	1 packet	0.0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.0
02048	Vinegar, cider	15	1 tbsp	0.0
01069	Cream substitute, powdered	2	1 tsp	0.0

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11297	Parsley, raw	10	10 sprigs	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.0
02047	Salt, table	6	1 tsp	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.0
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.0
11333	Peppers, sweet, green, raw	10	1 ring	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
11333	Peppers, sweet, green, raw	119	1 pepper	0.0
11333	Peppers, sweet, green, raw	149	1 cup	0.0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.0
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.0
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.0
09070	Cherries, sweet, raw	68	10 cherries	0.0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.0
09191	Nectarines, raw	136	1 nectarine	0.0
07064	Pork sausage, fresh, cooked	26	2 links	0.0
09003	Apples, raw, with skin	138	1 apple	0.0
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.0
09279	Plums, raw	66	1 plum	0.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
09004	Apples, raw, without skin	110	1 cup	0.0
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0.0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	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
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.0

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14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.0
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	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
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.0
04582	Oil, vegetable, canola	14	1 tbsp	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.0
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.0
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.0
07064	Pork sausage, fresh, cooked	27	1 patty	0.0
19034	Snacks, popcorn, air-popped	8	1 cup	0.0
11945	Pickle relish, sweet	15	1 tbsp	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14429	Water, tap, municipal	237	8 fl oz	0.0
14142	Carbonated beverage, grape soda	372	12 fl oz	0.0
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
14150	Carbonated beverage, orange	372	12 fl oz	0.0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
02050	Vanilla extract	4.2	1 tsp	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.0