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**ENERGY VALUES-kcal**  
**ARRANGED ALPHABETICALLY**

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**IAPC**

**INTERNATIONAL ACADEMY OF  
PHYSIQUE CONDITIONING**



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**Nutritional Food Composition Table Suite**  
**P R O F E S S I O N A L   E D I T I O N**

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**Energy ( kcal ) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
14006	Alcoholic beverage, beer, light	354	12 fl oz	103
14003	Alcoholic beverage, beer, regular	355	12 fl oz	138
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	112
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	97
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	105
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	110
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	175
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	245
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	157
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	165
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	74
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	70
11001	Alfalfa seeds, sprouted, raw	33	1 cup	10
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	117
09011	Apples, dried, sulfured, uncooked	32	5 rings	78
09003	Apples, raw, with skin	138	1 apple	72
09004	Apples, raw, without skin	110	1 cup	53
09020	Applesauce, canned, sweetened, without salt	255	1 cup	194
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	105
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	141
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	214
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	117
09032	Apricots, dried, sulfured, uncooked	35	10 halves	84
09021	Apricots, raw	35	1 apricot	17
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	84
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	60
11015	Asparagus, canned, drained solids	72	4 spears	14
11012	Asparagus, cooked, boiled, drained	60	4 spears	13
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	32
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	11
09038	Avocados, raw, California	28.35	1 oz	47
09039	Avocados, raw, Florida	28.35	1 oz	34
18005	Bagels, cinnamon-raisin	89	4" bagel	244
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	195
18003	Bagels, egg	89	4" bagel	247
18003	Bagels, egg	71	3-1/2" bagel	197
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	195
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	245
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	134
19078	Baking chocolate, unsweetened, squares	28.35	1 square	142
11028	Bamboo shoots, canned, drained solids	131	1 cup	25
09040	Bananas, raw	118	1 banana	105
09040	Bananas, raw	150	1 cup	134
20006	Barley, pearled, cooked	157	1 cup	193
20005	Barley, pearled, raw	200	1 cup	704
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	239

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
16008	Beans, baked, canned, with franks	259	1 cup	368
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	281
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	238
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	227
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	209
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	218
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	225
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	255
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	245
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	27
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	44
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	38
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	27
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	44
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	38
16051	Beans, white, mature seeds, canned	262	1 cup	307
22905	Beef stew, canned entree	232	1 cup	218
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	293
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	213
13348	Beef, cured, corned beef, canned	85.05	3 oz	213
13350	Beef, cured, dried	28.35	1 oz	43
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	236
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	230
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	213
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	304
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	195
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	210
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	184
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	177
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	144
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	207
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	151
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	149
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	39
11084	Beets, canned, drained solids	170	1 cup	53
11084	Beets, canned, drained solids	24	1 beet	7
11081	Beets, cooked, boiled, drained	50	1 beet	22
11081	Beets, cooked, boiled, drained	170	1 cup	75
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	358
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	212
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	93
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	63
09042	Blackberries, raw	144	1 cup	62

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09055	Blueberries, frozen, sweetened	230	1 cup	186
09050	Blueberries, raw	145	1 cup	83
07008	Bologna, beef and pork	56.7	2 slices	175
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	185
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	112
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	460
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	178
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	196
18023	Bread, cornbread, dry mix, prepared	60	1 piece	188
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	173
18025	Bread, cracked-wheat	25	1 slice	65
18027	Bread, egg	40	1/2" slice	115
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	69
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	528
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	297
18033	Bread, italian	20	1 slice	54
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	65
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	65
18039	Bread, oatmeal	27	1 slice	73
18040	Bread, oatmeal, toasted	25	1 slice	73
18041	Bread, pita, white, enriched	28	4" pita	77
18041	Bread, pita, white, enriched	60	6-1/2" pita	165
18044	Bread, pumpernickel	32	1 slice	80
18045	Bread, pumpernickel, toasted	29	1 slice	80
18047	Bread, raisin, enriched	26	1 slice	71
18048	Bread, raisin, toasted, enriched	24	1 slice	71
18053	Bread, reduced-calorie, rye	23	1 slice	47
18055	Bread, reduced-calorie, wheat	23	1 slice	46
18057	Bread, reduced-calorie, white	23	1 slice	48
18060	Bread, rye	32	1 slice	83
18061	Bread, rye, toasted	24	1 slice	68
18064	Bread, wheat (includes wheat berry)	25	1 slice	65
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	65
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	67
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	120
18070	Bread, white, commercially prepared, toasted	22	1 slice	64
18075	Bread, whole-wheat, commercially prepared	28	1 slice	69
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	69
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	581
21023	Breakfast items, french toast with butter	135	2 slices	356
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	55
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	13
11740	Broccoli, flower clusters, raw	11	1 floweret	3
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	52
11090	Broccoli, raw	31	1 spear	11
11090	Broccoli, raw	88	1 cup	30
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	56
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	65

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20011	Buckwheat flour, whole-groat	120	1 cup	402
20010	Buckwheat groats, roasted, cooked	168	1 cup	155
20013	Bulgur, cooked	182	1 cup	151
20012	Bulgur, dry	140	1 cup	479
01001	Butter, salted	14.2	1 tbsp	102
01145	Butter, without salt	14.2	1 tbsp	102
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	20
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	17
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	33
11109	Cabbage, raw	70	1 cup	17
11112	Cabbage, red, raw	70	1 cup	22
11114	Cabbage, savoy, raw	70	1 cup	19
18086	Cake, angelfood, commercially prepared	28	1 piece	72
18088	Cake, angelfood, dry mix, prepared	50	1 piece	129
18090	Cake, boston cream pie, commercially prepared	92	1 piece	232
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	235
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	340
18110	Cake, fruitcake, commercially prepared	43	1 piece	139
18116	Cake, gingerbread, prepared from recipe	74	1 piece	263
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	367
18120	Cake, pound, commercially prepared, butter	28	1 piece	109
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	79
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	225
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	188
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	155
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	131
18133	Cake, sponge, commercially prepared	30	1 shortcake	87
18134	Cake, sponge, prepared from recipe	63	1 piece	187
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	399
18139	Cake, white, prepared from recipe without frosting	74	1 piece	264
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	243
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	239
19074	Candies, caramels	10.1	1 piece	39
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	27
19071	Candies, carob	28.35	1 oz	153
19087	Candies, confectioner's coating, white	170	1 cup	916
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	70
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	88
19104	Candies, fudge, vanilla with nuts	15	1 piece	65
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	61
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	87
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	293
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	17
19107	Candies, hard	3	1 small piece	12
19107	Candies, hard	6	1 piece	24
19108	Candies, jellybeans	28.35	10 large	106
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	218
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	34

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19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	103
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	258
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	76
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	266
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	20
19116	Candies, marshmallows	50	1 cup	159
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	235
19126	Candies, milk chocolate coated peanuts	40	10 pieces	208
19127	Candies, milk chocolate coated raisins	10	10 pieces	39
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	216
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	264
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	33
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	230
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	232
19080	Candies, semisweet chocolate	168	1 cup	805
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	45
09060	Carambola, (starfruit), raw	108	1 cup	33
09060	Carambola, (starfruit), raw	91	1 fruit	28
14121	Carbonated beverage, club soda	355	12 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	155
14136	Carbonated beverage, ginger ale	366	12 fl oz	124
14142	Carbonated beverage, grape soda	372	12 fl oz	160
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	147
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	4
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14150	Carbonated beverage, orange	372	12 fl oz	179
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	151
14157	Carbonated beverage, root beer	370	12 fl oz	152
16055	Carob flour	8	1 tbsp	18
11655	Carrot juice, canned	236	1 cup	94
11960	Carrots, baby, raw	10	1 medium	4
11128	Carrots, canned, regular pack, drained solids	146	1 cup	37
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	55
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	54
11124	Carrots, raw	110	1 cup	45
11124	Carrots, raw	72	1 carrot	30
11935	Catsup	6	1 packet	6
11935	Catsup	15	1 tbsp	15
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	29
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	12
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	34
11135	Cauliflower, raw	13	1 floweret	3
11135	Cauliflower, raw	100	1 cup	25
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	7
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	27
11143	Celery, raw	40	1 stalk	6
11143	Celery, raw	120	1 cup	17

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08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	118
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	202
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	118
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	111
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	127
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	117
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	112
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	112
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	112
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	112
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	114
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	214
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	113
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	114
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	209
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	128
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	117
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	112
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	171
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	117
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	104
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	107
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	97
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	78
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	117
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	118
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	92
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	101
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	118
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	109
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	118
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	114
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	189
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	100
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	195
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	119
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	122
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	104
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	117
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	173
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	108
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	104
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	112
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	192

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08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	195
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	237
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	120
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	120
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	56
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	27
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	44
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	155
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	143
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	143
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	102
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	129
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	126
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	122
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	97
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	147
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	93
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	157
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	130
08143	Cereals, WHEATENA, cooked with water	243	1 cup	136
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	94
01164	Cheese sauce, prepared from recipe	243	1 cup	479
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82
01004	Cheese, blue	28.35	1 oz	100
01007	Cheese, camembert	38	1 wedge	114
01009	Cheese, cheddar	28.35	1 oz	114
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	216
01013	Cheese, cottage, creamed, with fruit	226	1 cup	219
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	163
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	203
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	123
01017	Cheese, cream	14.5	1 tbsp	51
01186	Cheese, cream, fat free	15.6	1 tbsp	15
01019	Cheese, feta	28.35	1 oz	75
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	49
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	86
01026	Cheese, mozzarella, whole milk	28.35	1 oz	85
01030	Cheese, muenster	28.35	1 oz	104
01031	Cheese, neufchatel	28.35	1 oz	74
01032	Cheese, parmesan, grated	5	1 tbsp	22
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	106
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	95



**Energy ( kcal ) Content of Selected Foods per Common Measure, sorted alphabetically**

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01035	Cheese, provolone	28.35	1 oz	100
01037	Cheese, ricotta, part skim milk	246	1 cup	339
01036	Cheese, ricotta, whole milk	246	1 cup	428
01040	Cheese, swiss	28.35	1 oz	108
18147	Cheesecake commercially prepared	80	1 piece	257
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	88
09070	Cherries, sweet, raw	68	10 cherries	43
22906	Chicken pot pie, frozen entree	217	1 small pie	484
07017	Chicken roll, light meat	56.7	2 slices	87
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	364
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	218
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	142
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	201
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	193
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	120
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	76
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	229
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	161
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	32
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	238
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	109
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	159
05277	Chicken, canned, meat only, with broth	142	5 oz	234
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	33
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	332
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	286
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	269
22904	Chili con carne with beans, canned entree	222	1 cup	269
11156	Chives, raw	3	1 tbsp	1
14181	Chocolate syrup	18.75	1 tbsp	52
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	75
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	226
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	56
14192	Cocoa mix, powder	28.35	3 heaping tsp	113
14194	Cocoa mix, powder, prepared with water	206	1 serving	113
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	56
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	12
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	2
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	1
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	4
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	263
11159	Coleslaw, home-prepared	120	1 cup	83
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	49
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	61
18151	Cookies, brownies, commercially prepared	56	1 brownie	227

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18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	84
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	23
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	49
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	45
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	78
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	128
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	47
18170	Cookies, fig bars	16	1 cookie	56
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	59
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	355
18177	Cookies, molasses	15	1 cookie, medium	65
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	138
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	36
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	113
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	61
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	65
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	72
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	95
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	76
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	40
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	72
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	66
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	73
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	48
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	72
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	18
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	83
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	184
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	166
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	83
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	133
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	59
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	505
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	490
20020	Cornmeal, whole-grain, yellow	122	1 cup	442
20027	Cornstarch	8.064	1 tbsp	31
20029	Couscous, cooked	157	1 cup	176
20028	Couscous, dry	173	1 cup	650
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	160
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	224
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	185
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	200
18214	Crackers, cheese, regular	10	10 crackers	50
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	35

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18217	Crackers, matzo, plain	28.35	1 matzo	112
18220	Crackers, melba toast, plain	20	4 pieces	78
18226	Crackers, rye, wafers, plain	11	1 wafer	37
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	51
18229	Crackers, standard snack-type, regular	12	4 crackers	60
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	33
18232	Crackers, wheat, regular	8	4 crackers	38
18235	Crackers, whole-wheat	16	4 crackers	71
14242	Cranberry juice cocktail, bottled	253	8 fl oz	144
09081	Cranberry sauce, canned, sweetened	57	1 slice	86
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	20
01069	Cream substitute, powdered	2	1 tsp	11
01049	Cream, fluid, half and half	15	1 tbsp	20
01053	Cream, fluid, heavy whipping	15	1 tbsp	52
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	29
01052	Cream, fluid, light whipping	15	1 tbsp	44
01056	Cream, sour, cultured	12	1 tbsp	26
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	20
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	8
18239	Croissants, butter	57	1 croissant	231
18243	Croutons, seasoned	40	1 cup	186
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	82
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	87
15141	Crustaceans, crab, blue, canned	135	1 cup	134
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	87
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	93
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	83
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	102
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	109
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	206
11206	Cucumber, peeled, raw	119	1 cup	14
11206	Cucumber, peeled, raw	280	1 large	34
11205	Cucumber, with peel, raw	301	1 large	45
11205	Cucumber, with peel, raw	104	1 cup	16
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	35
18245	Danish pastry, cheese	71	1 danish	266
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	263
09087	Dates, deglet noor	178	1 cup	502
09087	Dates, deglet noor	41.5	5 dates	117
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	8
01072	Dessert topping, pressurized	4	1 tbsp	11
01073	Dessert topping, semi solid, frozen	4	1 tbsp	13
02045	Dill weed, fresh	1	5 sprigs	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	59
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	198
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	52
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	242

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05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	444
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	262
01143	Egg substitute, liquid	62.75	1/4 cup	53
01124	Egg, white, raw, fresh	33.4	1 large	17
01128	Egg, whole, cooked, fried	46	1 large	92
01129	Egg, whole, cooked, hard-boiled	50	1 large	78
01131	Egg, whole, cooked, poached	50	1 large	74
01132	Egg, whole, cooked, scrambled	61	1 large	101
01123	Egg, whole, raw, fresh	44	1 medium	65
01123	Egg, whole, raw, fresh	50	1 large	74
01123	Egg, whole, raw, fresh	58	1 extra large	85
01125	Egg, yolk, raw, fresh	16.6	1 large	53
01057	Eggnog	254	1 cup	343
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	35
11213	Endive, raw	50	1 cup	9
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	134
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	133
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	211
21051	Entrees, pizza with pepperoni	71	1 slice	181
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	189
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	254
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	563
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	461
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	457
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	417
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	295
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	515
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	315
21042	Fast foods, chili con carne	253	1 cup	256
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	425
21043	Fast foods, clams, breaded and fried	115	3/4 cup	451
21127	Fast foods, coleslaw	99	3/4 cup	147
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	413
21015	Fast foods, danish pastry, cheese	91	1 pastry	353
21017	Fast foods, danish pastry, fruit	94	1 pastry	335
21074	Fast foods, enchilada, with cheese	163	1 enchilada	319
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	289
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	523
21024	Fast foods, french toast sticks	141	5 sticks	513
21077	Fast foods, frijoles with cheese	167	1 cup	225
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	540
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	576
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	272
21118	Fast foods, hotdog, plain	98	1 sandwich	242
21119	Fast foods, hotdog, with chili	114	1 sandwich	296
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	460

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21129	Fast foods, hush puppies	78	5 pieces	257
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	164
21078	Fast foods, nachos, with cheese	113	6-8 nachos	346
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	276
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	520
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	578
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	458
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	291
21139	Fast foods, potato, mashed	80	1/3 cup	66
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	151
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	346
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	102
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	105
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	454
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	456
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	410
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	584
21033	Fast foods, sundae, hot fudge	158	1 sundae	284
21082	Fast foods, taco	263	1 large	568
21082	Fast foods, taco	171	1 small	369
21083	Fast foods, taco salad	198	1-1/2 cups	279
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	333
09094	Figs, dried, uncooked	38	2 figs	95
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	195
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	89
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	89
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	155
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	76
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	149
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	99
15034	Fish, haddock, cooked, dry heat	85	3 oz	95
15034	Fish, haddock, cooked, dry heat	150	1 fillet	168
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	223
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	119
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	223
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	61
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	103
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	68
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	96
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	180
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	103
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	76
15077	Fish, salmon, chinook, smoked	85.05	3 oz	100
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	118
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	335
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	184
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	177
15111	Fish, swordfish, cooked, dry heat	85	3 oz	132

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15111	Fish, swordfish, cooked, dry heat	106	1 piece	164
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	144
15128	Fish, tuna salad	205	1 cup	383
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	168
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	99
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	109
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	118
07022	Frankfurter, beef	45	1 frank	149
07023	Frankfurter, beef and pork	45	1 frank	137
07024	Frankfurter, chicken	45	1 frank	116
18268	French toast, frozen, ready-to-heat	59	1 slice	126
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	149
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	151
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	160
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	63
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	115
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	117
19294	Fruit butters, apple	17	1 tbsp	29
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	181
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	109
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	117
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	245
11215	Garlic, raw	3	1 clove	4
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	84
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	23
14277	Grape drink, canned	250	8 fl oz	113
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	154
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	128
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	387
09404	Grapefruit juice, pink, raw	247	1 cup	96
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	115
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	94
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	101
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	302
09128	Grapefruit juice, white, raw	247	1 cup	96
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	52
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	39
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	152
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	110
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	35
06116	Gravy, beef, canned	58.25	1/4 cup	31
06119	Gravy, chicken, canned	59.5	1/4 cup	47
06121	Gravy, mushroom, canned	59.6	1/4 cup	30

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06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	96
06125	Gravy, turkey, canned	59.6	1/4 cup	30
07027	Ham, chopped, not canned	21	2 slices	38
07028	Ham, sliced, extra lean	56.7	2 slices	62
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	92
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	211
11961	Hearts of palm, canned	33	1 piece	9
19296	Honey	21	1 tbsp	64
02055	Horseradish, prepared	5	1 tsp	2
16158	Hummus, commercial	14	1 tbsp	23
19270	Ice creams, chocolate	66	1/2 cup	143
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	191
19095	Ice creams, vanilla	66	1/2 cup	133
19088	Ice creams, vanilla, light	66	1/2 cup	109
19089	Ice creams, vanilla, rich	74	1/2 cup	184
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	61
19283	Ice novelties, pop	59	1 bar (2 fl oz)	42
19297	Jams and preserves	20	1 tbsp	56
19300	Jellies	19	1 tbsp	51
11226	Jerusalem-artichokes, raw	150	1 cup	114
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	36
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	39
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	83
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	46
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	48
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	219
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	162
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	269
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	184
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	305
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	197
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	294
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	237
04002	Lard	12.8	1 tbsp	115
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	2
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	2
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	5
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	8
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	12
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	21
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	18

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	32
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3
09153	Lemon juice, canned or bottled	244	1 cup	51
09152	Lemon juice, raw	47	juice of 1 lemon	12
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	131
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	5
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	112
09150	Lemons, raw, without peel	58	1 lemon	17
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	230
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	1
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	21
11251	Lettuce, cos or romaine, raw	10	1 leaf	2
11251	Lettuce, cos or romaine, raw	56	1 cup	10
11253	Lettuce, green leaf, raw	10	1 leaf	2
11253	Lettuce, green leaf, raw	56	1 cup	8
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	75
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	8
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	189
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	175
16073	Lima beans, large, mature seeds, canned	241	1 cup	190
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	216
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	3
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	52
09160	Lime juice, raw	38	juice of 1 lime	10
22247	Macaroni and Cheese, canned entree	252	1 cup	207
20100	Macaroni, cooked, enriched	140	1 cup	197
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	75
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	223
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	80
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	228
09176	Mangos, raw	165	1 cup	107
09176	Mangos, raw	207	1 mango	135
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	102
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	101
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	74
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	25
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	25
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	102
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	17
09181	Melons, cantaloupe, raw	69	1/8 melon	23
09181	Melons, cantaloupe, raw	160	1 cup	54
09184	Melons, honeydew, raw	170	1 cup	61
09184	Melons, honeydew, raw	160	1/8 melon	58
01110	Milk shakes, thick chocolate	300	10.6 fl oz	357



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01111	Milk shakes, thick vanilla	313	11 fl oz	351
01094	Milk, buttermilk, dried	6.5	1 tbsp	25
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	98
01095	Milk, canned, condensed, sweetened	306	1 cup	982
01097	Milk, canned, evaporated, nonfat	256	1 cup	200
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	338
01102	Milk, chocolate, fluid, commercial,	250	1 cup	208
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	158
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	180
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	82
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	102
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	83
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	122
01077	Milk, whole, 3.25% milkfat	244	1 cup	146
16112	Miso	68.75	1 cup	137
19305	Molasses, blackstrap	20	1 tbsp	47
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	126
15157	Mollusks, clam, mixed species, raw	85	3 oz	63
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	167
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	57
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	200
18274	Muffins, blueberry, commercially prepared	57	1 muffin	158
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	162
18279	Muffins, corn, commercially prepared	57	1 muffin	174
18280	Muffins, corn, dry mix, prepared	50	1 muffin	161
18283	Muffins, oat bran	57	1 muffin	154
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	106
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	26
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	31
11264	Mushrooms, canned, drained solids	156	1 cup	39
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	44
11260	Mushrooms, raw	70	1 cup	15
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	80
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	11
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	21
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	3
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	49
09191	Nectarines, raw	136	1 nectarine	60
20113	Noodles, chinese, chow mein	45	1 cup	237
20110	Noodles, egg, cooked, enriched	160	1 cup	213
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	211
12061	Nuts, almonds	28.35	1 oz (24 nuts)	164
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	186
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	163
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	165
12167	Nuts, chestnuts, european, roasted	143	1 cup	350
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	466

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12104	Nuts, coconut meat, raw	45	1 piece	159
12120	Nuts, hazelnuts or filberts	28.35	1 oz	178
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	203
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	168
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	175
12142	Nuts, pecans	28.35	1 oz (20 halves)	196
12147	Nuts, pine nuts, dried	8.6	1 tbsp	58
12147	Nuts, pine nuts, dried	28.35	1 oz	191
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	161
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	185
20034	Oat bran, cooked	219	1 cup	88
20033	Oat bran, raw	94	1 cup	231
04053	Oil, olive, salad or cooking	13.5	1 tbsp	119
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	119
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	120
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	120
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	120
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	120
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	120
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	120
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	35
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	52
09193	Olives, ripe, canned (small-extra large)	22	5 large	25
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	244
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	92
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	41
11284	Onions, dehydrated flakes	5	1 tbsp	17
11282	Onions, raw	110	1 whole	46
11282	Onions, raw	14	1 slice	6
11282	Onions, raw	160	1 cup	67
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	32
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	5
09207	Orange juice, canned, unsweetened	249	1 cup	105
09209	Orange juice, chilled, includes from concentrate	249	1 cup	110
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	112
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	339
09206	Orange juice, raw	86	juice from 1 orange	39
09206	Orange juice, raw	248	1 cup	112
09200	Oranges, raw, all commercial varieties	180	1 cup	85
09200	Oranges, raw, all commercial varieties	131	1 orange	62
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	82
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	74
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	83
09226	Papayas, raw	140	1 cup	55
09226	Papayas, raw	304	1 papaya	119
11297	Parsley, raw	10	10 sprigs	4
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	111

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	260
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	194
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	73
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	43
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	109
09246	Peaches, dried, sulfured, uncooked	39	3 halves	93
09250	Peaches, frozen, sliced, sweetened	250	1 cup	235
09236	Peaches, raw	170	1 cup	66
09236	Peaches, raw	98	1 peach	38
16097	Peanut butter, chunk style, with salt	16	1 tbsp	94
16098	Peanut butter, smooth style, with salt	16	1 tbsp	94
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	166
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	166
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	170
09340	Pears, asian, raw	122	1 pear	51
09340	Pears, asian, raw	275	1 pear	116
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	197
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	56
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	124
09254	Pears, canned, juice pack, solids and liquids	76	1 half	38
09252	Pears, raw	166	1 pear	96
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	67
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	83
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	117
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	125
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	231
11670	Peppers, hot chili, green, raw	45	1 pepper	18
11819	Peppers, hot chili, red, raw	45	1 pepper	18
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	7
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	38
11333	Peppers, sweet, green, raw	149	1 cup	30
11333	Peppers, sweet, green, raw	10	1 ring	2
11333	Peppers, sweet, green, raw	119	1 pepper	24
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	38
11821	Peppers, sweet, red, raw	119	1 pepper	31
11821	Peppers, sweet, red, raw	149	1 cup	39
11945	Pickle relish, sweet	15	1 tbsp	20
11937	Pickles, cucumber, dill	65	1 pickle	12
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1181
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	648
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	949
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	75
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	85
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	277
18302	Pie, apple, prepared from recipe	155	1 piece	411
18305	Pie, blueberry, commercially prepared	117	1 piece	271
18306	Pie, blueberry, prepared from recipe	147	1 piece	360
18308	Pie, cherry, commercially prepared	117	1 piece	304

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18309	Pie, cherry, prepared from recipe	180	1 piece	486
18310	Pie, chocolate creme, commercially prepared	113	1 piece	344
18316	Pie, coconut custard, commercially prepared	104	1 piece	270
18444	Pie, fried pies, cherry	128	1 pie	404
18319	Pie, fried pies, fruit	128	1 pie	404
18320	Pie, lemon meringue, commercially prepared	113	1 piece	303
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	362
18324	Pie, pecan, commercially prepared	113	1 piece	452
18325	Pie, pecan, prepared from recipe	122	1 piece	503
18326	Pie, pumpkin, commercially prepared	109	1 piece	229
18327	Pie, pumpkin, prepared from recipe	155	1 piece	316
11943	Pimento, canned	12	1 tbsp	3
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	118
14341	Pineapple and orange juice drink, canned	250	8 fl oz	125
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	140
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	198
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	28
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	149
09266	Pineapple, raw, all varieties	155	1 cup	74
21224	Pizza, cheese, regular crust, frozen	63	1 serving	169
21226	Pizza, meat and vegetable, regular crust, frozen	79	1 serving	218
09278	Plantains, cooked	154	1 cup	179
09277	Plantains, raw	179	1 medium	218
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	230
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	41
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	27
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	146
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	265
09291	Plums, dried (prunes), uncooked	42	5 prunes	101
09279	Plums, raw	66	1 plum	30
07065	Pork and beef sausage, fresh, cooked	26	2 links	103
07064	Pork sausage, fresh, cooked	26	2 links	88
07064	Pork sausage, fresh, cooked	27	1 patty	92
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	103
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	86
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	142
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	207
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	133
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	315
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	232
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	179
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	204
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	235
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	172
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	197

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10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	217
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	190
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	252
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	280
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	211
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	337
11672	Potato pancakes, home-prepared	76	1 pancake	207
11399	Potato puffs, frozen, prepared	79	10 puffs	175
11414	Potato salad, home-prepared	250	1 cup	358
11674	Potato, baked, flesh and skin, without salt	202	1 potato	188
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	228
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	323
11363	Potatoes, baked, flesh, without salt	156	1 potato	145
11364	Potatoes, baked, skin, without salt	58	1 skin	115
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	118
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	134
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	116
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	100
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	63
11370	Potatoes, hashed brown, home-prepared	156	1 cup	413
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	204
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	174
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	237
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	228
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	211
05306	Poultry food products, ground turkey, cooked	82	1 patty	193
09294	Prune juice, canned	256	1 cup	182
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	154
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	155
19183	Puddings, chocolate, ready-to-eat	113	4 oz	157
19193	Puddings, rice, ready-to-eat	113.4	4 oz	185
19218	Puddings, tapioca, ready-to-eat	113	4 oz	134
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	141
19201	Puddings, vanilla, ready-to-eat	113	4 oz	146
11424	Pumpkin, canned, without salt	245	1 cup	83
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	49
11429	Radishes, raw	4.5	1 radish	1
09298	Raisins, seedless	14	1 packet	42
09298	Raisins, seedless	145	1 cup	434
09306	Raspberries, frozen, red, sweetened	250	1 cup	258
09302	Raspberries, raw	123	1 cup	64
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	237
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	278
14342	Rice beverage, RICE DREAM, canned	245	1 cup	120

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20037	Rice, brown, long-grain, cooked	195	1 cup	216
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	200
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	686
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	162
20045	Rice, white, long-grain, regular, cooked	158	1 cup	205
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	675
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	84
18350	Rolls, hamburger or hotdog, plain	43	1 roll	120
18353	Rolls, hard (includes kaiser)	57	1 roll	167
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	66
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	77
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	71
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	38
04133	Salad dressing, french, home recipe	14	1 tbsp	88
04134	Salad dressing, home recipe, cooked	16	1 tbsp	25
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	70
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	43
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	11
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	99
04015	Salad dressing, russian dressing	15.3	1 tbsp	76
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	23
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	31
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	58
07069	Salami, cooked, beef and pork	56.7	2 slices	142
07072	Salami, dry or hard, pork, beef	20	2 slices	77
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	35
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	608
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	319
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	512
06150	Sauce, barbecue sauce	15.75	1 tbsp	12
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	110
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	35
06166	Sauce, homemade, white, medium	250	1 cup	368
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	119
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	185
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	1
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	4
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	15
11439	Sauerkraut, canned, solids and liquids	236	1 cup	45
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	37
11445	Seaweed, kelp, raw	10	2 tbsp	4
11667	Seaweed, spirulina, dried	0.93	1 tbsp	3
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	148
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	89

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12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	47
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	165
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	186
14346	Shake, fast food, chocolate	333	16 fl oz	423
14347	Shake, fast food, vanilla	333	16 fl oz	370
11677	Shallots, raw	10	1 tbsp	7
19097	Sherbet, orange	74	1/2 cup	107
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	113
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	81
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	120
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	148
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	153
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	157
19013	Snacks, fruit leather, pieces	28.35	1 oz	100
19014	Snacks, fruit leather, rolls	21	1 large	78
19015	Snacks, granola bars, hard, plain	28.35	1 bar	134
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	144
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	119
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	127
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	136
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	91
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	143
19034	Snacks, popcorn, air-popped	8	1 cup	31
19036	Snacks, popcorn, cakes	10	1 cake	38
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	168
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	152
19040	Snacks, popcorn, cheese-flavor	11	1 cup	58
19035	Snacks, popcorn, oil-popped	11	1 cup	55
19041	Snacks, pork skins, plain	28.35	1 oz	155
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	139
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	142
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	158
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	155
19411	Snacks, potato chips, plain, salted	28.35	1 oz	152
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	152
19422	Snacks, potato chips, reduced fat	28.35	1 oz	134
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	151
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	229
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	35
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	141
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	126
19056	Snacks, tortilla chips, plain	28.35	1 oz	142
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	707
19061	Snacks, trail mix, tropical	140	1 cup	570
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	231
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	172

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06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	14
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	29
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	83
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	175
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	75
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	58
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	166
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	60
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	78
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	164
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	117
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	191
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	203
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	129
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	82
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	118
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	27
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	165
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	76
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	88
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	126
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	123
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	117
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	81
06174	Soup, stock, fish, home-prepared	233	1 cup	40
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	161
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	85
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	78
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	122
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	72
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	21
16120	Soy milk, fluid	245	1 cup	127
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	8
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	254
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	298
22401	Spaghetti with meat sauce, frozen entree	283	1 package	255
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	197
20125	Spaghetti, whole-wheat, cooked	140	1 cup	174



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02007	Spices, celery seed	2	1 tsp	8
02009	Spices, chili powder	2.6	1 tsp	8
02010	Spices, cinnamon, ground	2.3	1 tsp	6
02015	Spices, curry powder	2	1 tsp	7
02020	Spices, garlic powder	2.8	1 tsp	9
02026	Spices, onion powder	2.1	1 tsp	7
02027	Spices, oregano, dried	1.5	1 tsp	5
02028	Spices, paprika	2.1	1 tsp	6
02029	Spices, parsley, dried	1.3	1 tbsp	4
02030	Spices, pepper, black	2.1	1 tsp	5
11658	Spinach souffle, home-prepared	136	1 cup	219
11461	Spinach, canned, drained solids	214	1 cup	49
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	41
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	61
11457	Spinach, raw	30	1 cup	7
11457	Spinach, raw	10	1 leaf	2
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	36
11641	Squash, summer, all varieties, raw	113	1 cup	18
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	76
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	94
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	245
09316	Strawberries, raw	166	1 cup	53
09316	Strawberries, raw	18	1 strawberry	6
09316	Strawberries, raw	12	1 strawberry	4
19334	Sugars, brown	3.2	1 tsp	12
19335	Sugars, granulated	4.2	1 tsp	16
19336	Sugars, powdered	8	1 tbsp	31
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	212
11512	Sweet potato, canned, vacuum pack	255	1 cup	232
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	131
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	119
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	151
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	223
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	109
19348	Syrups, chocolate, fudge-type	19	1 tbsp	67
19350	Syrups, corn, light	20	1 tbsp	59
19353	Syrups, maple	20	1 tbsp	52
19129	Syrups, table blends, pancake	20	1 tbsp	47
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	25
18360	Taco shells, baked	13.3	1 medium	62
09223	Tangerine juice, canned, sweetened	249	1 cup	125
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	154
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	45
20068	Tapioca, pearl, dry	152	1 cup	544
14355	Tea, brewed, prepared with tap water	178	6 fl oz	2
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	2
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	5

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14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	88
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	2
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	206
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	204
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	201
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	57
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	73
11954	Tomatillos, raw	34	1 medium	11
11540	Tomato juice, canned, with salt added	243	1 cup	41
11546	Tomato products, canned, paste, without salt added	262	1 cup	215
11547	Tomato products, canned, puree, without salt added	250	1 cup	95
11549	Tomato products, canned, sauce	245	1 cup	78
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	66
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	41
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	32
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	3
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	4
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	22
11955	Tomatoes, sun-dried	2	1 piece	5
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	6
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	57
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	100
21088	Tostada with guacamole	130.5	1 tostada	180
05286	Turkey and gravy, frozen	142	5-oz package	95
05292	Turkey patties, breaded, battered, fried	64	1 patty	181
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	132
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	157
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	289
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	132
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	238
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	274
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	29
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	48
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	34
02050	Vanilla extract	4.2	1 tsp	12
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	179
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	194
11578	Vegetable juice cocktail, canned	242	1 cup	46
04582	Vegetable oil, canola	14	1 tbsp	124
11581	Vegetables, mixed, canned, drained solids	163	1 cup	80
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	118
02048	Vinegar, cider	15	1 tbsp	2
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	87
18367	Waffles, plain, prepared from recipe	75	1 waffle	218
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	70

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09326	Watermelon, raw	286	1 wedge	86
09326	Watermelon, raw	152	1 cup	46
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	455
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	443
20083	Wheat flour, white, bread, enriched	137	1 cup	495
20084	Wheat flour, white, cake, enriched	137	1 cup	496
20080	Wheat flour, whole-grain	120	1 cup	407
20089	Wild rice, cooked	164	1 cup	166
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	231
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	91
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	232
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	143
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	127
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	138