USDA National Nutrient Database for Standard ReferenceRelease 26

Nutrients: Vitamin A, IU (IU)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: January 21, 2014 14:26 EST

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09427	Abiyuch, raw	114.0	0.5 cup	114
09002	Acerola juice, raw	242.0	1.0 cup	1232
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	752
06979	Adobo fresco	18.0	1.0 tbsp	39
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	1
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	193
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	8
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	1
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	30
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	4
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	1
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	0
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	1
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	51
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	3656
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	3656
11003	Amaranth leaves, raw	28.0	1.0 cup	817
20001	Amaranth, uncooked	193.0	1.0 cup	4
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	2
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	35
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	140
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	25
36019	APPLEBEE'S, chili	136.0	1.0 cup	1953
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	1143
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	14
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	55
36002	APPLEBEE'S, French fries	164.0	1.0 serving	0
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	83
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	138
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	114
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	104
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	37
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	49
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	45
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	43
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	41
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	59

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	41
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	31
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	56
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	109
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	60
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	68
09004	Apples, raw, without skin	110.0	1.0 cup slices	42
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	75
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	68
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	28
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	15
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	71
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	71
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	3303
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	3303
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	3619
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	3139
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	3173
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	3199
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	6404
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	4126
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	3345
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	4760
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	4109
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	10973
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	15076
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	5775
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3188
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4685
09035	Apricots, frozen, sweetened	242.0	1.0 cup	4066
09021	Apricots, raw	155.0	1.0 cup, halves	2985
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	4
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	3
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	3
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	3
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	4
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	4
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	4
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	4
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	3
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	13
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	4
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	1
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	4
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0
11005	Arrowhead, raw	25.0	1.0 large	0
20003	Arrowroot flour	128.0	1.0 cup	0
11697	Arrowroot, raw	120.0	1.0 cup, sliced	23
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	16
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	16
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	18
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	18
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	129
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	17
11959	Arugula, raw	2.0	1.0 leaf	47
11015	Asparagus, canned, drained solids	242.0	1.0 cup	1989
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	947
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	642
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	905
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	905
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1451
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1451
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	550
11011	Asparagus, raw	134.0	1.0 cup	1013
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	219
09038	Avocados, raw, California	230.0	1.0 cup, pureed	338
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	322

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	53
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	4
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	3
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	9
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	9
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
42284	Babyfood, baked product, finger snacks cereal	1.7	1.0 cookie	0
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	4
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	9
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	1
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	50
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	5
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	2168
42316	Babyfood, carrots, toddler	28.35	1.0 oz	4170
03181	Babyfood, cereal, barley, dry	2.4	1.0 tbsp	0
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	43
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	27
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	30
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	1
03185	Babyfood, cereal, mixed, dry	2.5	1.0 tbsp	0
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	41
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	5
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	5
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	3
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	44
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	0
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	30
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	8
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	9
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	2
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	44
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	1
43544	Babyfood, cereal, rice with pears and apple, dry, instant	15.0	1.0 serving	0
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	0

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03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	43
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	3
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	1
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	43
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	31
03210	Babyfood, cereal, rice, with mixed fruit, junior	15.0	1.0 tbsp	2
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	3
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	41
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	40
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	46
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	9
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	188
03213	Babyfood, cookies	28.35	1.0 oz	7
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	708
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	25
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	3
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	3
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	6
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	74
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	74
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	108
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	147
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	5
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	14
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	20
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	20
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	33
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	6
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	21
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	21
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	56
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	52
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	6
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	9

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	142
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	330
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	105
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	115
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	467
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	5013
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	137
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	312
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	187
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	277
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	349
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1564
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	162
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	30
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	16
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	111
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	140
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	10
03279	Babyfood, dinner, mixed vegetable, junior	28.35	1.0 oz	693
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	773
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	627
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	9
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	201
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	126
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	691
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	302
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	260
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	643
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	5847
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	12611
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	12611
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	6687
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	187
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	118
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	7352
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	7352

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	420
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	5107
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	282
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	281
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	11072
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	11254
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	10578
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	298
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	402
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	2316
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	68
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	8
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	12
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	6
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	10
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	6
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	5
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	54
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	13
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	13
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	6
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	1
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	4
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	108
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	109
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	97
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	6
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	9
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	8
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	7
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	6
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	52
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	22
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	117

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	40
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	5
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	5
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	3
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	5
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	14
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	21
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	59
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	68
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	30
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	20
44074	Babyfood, grape juice, no sugar, canned	31.2	1.0 fl oz	2
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	88
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	136
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	1
03166	Babyfood, juice, apple	31.7	1.0 fl oz	6
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	6
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	2
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	1
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	20
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	13
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	5
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	949
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	1
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	13
03172	Babyfood, juice, orange	31.2	1.0 fl oz	17
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	23
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	8
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	67
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	14
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	10
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	579
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	41
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	82

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	143
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	2041
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	1
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	6
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	3
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	1
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	8
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	7
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	11
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	2
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	9
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	10
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	0
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	5.3	1.0 tbsp	5
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	39
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	6
42279	Babyfood, peas and brown rice	230.0	1.0 cup	892
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	86
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	38
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0
03215	Babyfood, pretzels	28.35	1.0 oz	2
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	9
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	79
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	23
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	98
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	19
03216	Babyfood, teething biscuits	28.35	1.0 oz	33
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	345

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	3156
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	96
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	60
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	26454
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	25673
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	82
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	78
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	1720
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	1039
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	852
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	4153
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	898
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	35
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	10008
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	272
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	272
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	14421
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	14865
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	27
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron	16.0	1.0 tbsp	13
07921	Bacon and beef sticks	28.0	1.0 oz	0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0
16104	Bacon, meatless	144.0	1.0 cup	127
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0
18968	Bagel, wheat	98.0	1.0 bagel	0
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	19
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	17
18003	Bagels, egg	28.35	1.0 oz	31
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	1
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	26.0	1.0 mini bagel (2-1/2" dia)	0
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	0
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	31
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	10

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	3
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	1401
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	1401
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	69
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	140
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	140
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	438
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	17
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	30
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	248
09040	Bananas, raw	225.0	1.0 cup, mashed	144
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	19
20130	Barley flour or meal	148.0	1.0 cup	0
20131	Barley malt flour	162.0	1.0 cup	31
20004	Barley, hulled	184.0	1.0 cup	40
20006	Barley, pearled, cooked	157.0	1.0 cup	11
20005	Barley, pearled, raw	200.0	1.0 cup	44
02044	Basil, fresh	2.5	5.0 leaves	132
42182	Bean beverage	230.0	1.0 cup	0
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	14
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	15
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	14
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	33
16004	Beans, adzuki, yokan, mature seeds	14.0	1.0 slice	0
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	268
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	274
16007	Beans, baked, canned, with beef	266.0	1.0 cup	567
16008	Beans, baked, canned, with franks	259.0	1.0 cup	225
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	40
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	207
16005	Beans, baked, home prepared	253.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	10
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	11
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	11
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	31
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	10
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	10
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	10
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	33
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	30
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	4
11973	Beans, fava, in pod, raw	126.0	1.0 cup	420
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	15
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	3
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	3
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	15
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	4
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	15
11033	Beans, lima, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	186
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	0
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	10
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	4
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	559
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	598
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	770
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	540
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	385
11056	Beans, snap, green, canned, regular pack, drained solids	153.0	1.0 cup solids	540
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	875
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	875
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	576
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	662
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	752

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	752
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	690
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	161
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	76
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	161
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	76
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	101
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	101
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	155
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	151
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	151
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	108
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	4
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	4
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	12
14114	Beef broth and tomato juice, canned	30.5	1.0 fl oz	39
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	409
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	35
07954	Beef sausage, pre-cooked	48.0	1.0 serving	55
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	437
23296	Beef, Australian, grass-fed, external fat, raw	28.35	1.0 oz	34
23293	Beef, Australian, grass-fed, ground, 85% lean / 15% fat, raw	85.0	1.0 serving (3 oz)	0
23297	Beef, Australian, grass-fed, seam fat, raw	28.35	1.0 oz	34
23302	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	150.0	1.0 steak	6
23294	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	150.0	1.0 steak	0
23305	Beef, Australian, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	17
23303	Beef, Australian, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0
23315	Beef, Australian, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1
23316	Beef, Australian, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	85.0	3.0 oz	15
23307	Beef, Australian, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	85.0	3.0 oz	0
23317	Beef, Australian, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	3
23308	Beef, Australian, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23318	Beef, Australian, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
23309	Beef, Australian, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0
23298	Beef, Australian, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	21
23300	Beef, Australian, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	21
23299	Beef, Australian, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	21
23301	Beef, Australian, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	21
23304	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	3
23323	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	2
23295	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0
23310	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0
23319	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	11
23311	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0
23312	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0
23320	Beef, Australian, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	13
23321	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	14
23322	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	15
23313	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0
23314	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	23
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	19
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	20
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	5
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	5
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	4
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	5
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	6
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	6
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz (1 serving)	0
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	34
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	32
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	35
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	8
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	7
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	10
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	23
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	23
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	13

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	19
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	22
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13802	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked	85.0	3.0 oz	0
13801	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0
13350	Beef, cured, dried	28.0	10.0 slices	0
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	30
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0
13360	Beef, cured, thin-sliced beef	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	1.0 serving	0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	1.0 serving	0
13498	Beef, ground, 70% lean meat / 30% fat, raw	28.0	1.0 ounce	0
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
23577	Beef, ground, 75% lean meat / 25% fat, raw	85.0	1.0 serving (3 oz)	0
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
23572	Beef, ground, 80% lean meat / 20% fat, raw	85.0	1.0 serving (3 oz)	0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
23562	Beef, ground, 90% lean meat / 10% fat, raw	85.0	1.0 serving (3 oz)	0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
23557	Beef, ground, 95% lean meat / 5% fat, raw	85.0	1.0 serving (3 oz)	0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	19
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13987	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	17
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	16
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	19
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	19
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	19
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	19
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	18
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	12
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	12
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	12
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	11

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	11
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	11
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	6
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	6
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	8
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	13
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	7
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	8
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	8
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	23
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	13
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	14
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	13
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	14
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	6
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	7
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	13
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	13
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	14
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	7
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	25
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	7
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	8
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	8
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	7
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	9
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	12
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	11
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	18
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	12
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	19
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	8
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	12
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	11
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	7
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	13
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	13
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	8
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	8
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13434	Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	12
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	12
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	13
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	10
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	5
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23396	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	0
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	13
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	12
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	13
13480	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	17
23533	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	16
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	18
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	4
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	3
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	5
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	19
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	18
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	19
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	32
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	32
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	34
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	8
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	7
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	11
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	20
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	12
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	12
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	11
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	7
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	99
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	42
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	396
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	21566
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	21131
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	14363
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	33
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	13
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	6
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	6
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	11022
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	11022
11086	Beet greens, raw	38.0	1.0 cup	2404
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	38
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	54
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	57
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	30
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	30
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	27
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	111
11080	Beets, raw	136.0	1.0 cup	45
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	154
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	502
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	61
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	21
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	1252
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	1339
14531	Beverages, alcoholic , whiskey sour	30.4	1.0 fl oz	4
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	499
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	499
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	240
14001	Beverages, coconut water, unsweetened from concentrate, natural and fruit flavors, vitamin C added, ready-to-drink	250.0	8.5 fl oz	0
14002	Beverages, coconut water, unsweetened, (with no vitamin C added) ready-to-drink	250.0	8.5 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14039	Beverages, CYTOSPORT, Muscle Milk light, Ready-To-Drink	414.0	14.0 fl oz	1507
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	1511
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	0
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	1892
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	1
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	1666
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	1138
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	2251
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	625
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	499
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
14031	Beverages, PEPSICO, SoBe Lifewater	240.0	8.0 fl oz	0
14021	Beverages, PEPSICOLA, SOBE Energize Energy Juice Drinks	240.0	8.0 fl oz	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0
14462	Beverages, QUAKER OATS, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	1667
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	750
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	896
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	1667
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	1754
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	2502
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	5
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	27
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	1
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	23
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	28.35	1.0 oz	3
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	561
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	172
09042	Blackberries, raw	144.0	1.0 cup	308
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	72
09043	Blackberry juice, canned	250.0	1.0 cup	308
07005	Blood sausage	100.0	4.0 slices	0
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	92
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	88
09163	Blueberries, dried, sweetened	40.0	0.25 cup	56
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	113
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	71
09050	Blueberries, raw	148.0	1.0 cup	80
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	83
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	233
07007	Bologna, beef	30.0	1.0 slice	27
07008	Bologna, beef and pork	100.0	3.527 oz	84
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0
42161	Bologna, beef, low fat	28.0	1.0 slice	0
07960	Bologna, chicken, pork	28.0	1.0 serving	21
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	21
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	21
07971	Bologna, meat and poultry	33.0	1.0 slice	0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	1
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0
07011	Bologna, turkey	28.0	0.99 oz 1 serving	9
11613	Borage, raw	89.0	1.0 cup (1" pieces)	3738
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	102
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	88
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	85

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	5
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3983
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	55
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	1
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	89
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	45
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	96
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	140
18021	Bread, boston brown, canned	28.35	1.0 oz	25
28285	Bread, chapati or roti, whole wheat, frozen	43.0	1.0 piece	0
18972	Bread, cheese	48.0	1.0 slice	45
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	33
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	85
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	33
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	79
18025	Bread, cracked-wheat	28.35	1.0 oz	0
18027	Bread, egg	28.35	1.0 oz	60
18028	Bread, egg, toasted	28.35	1.0 oz	65
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	55
18033	Bread, italian	28.35	1.0 oz	0
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	0
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	0
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	6
18037	Bread, oat bran	28.35	1.0 oz	1
18038	Bread, oat bran, toasted	28.35	1.0 oz	1
18039	Bread, oatmeal	28.35	1.0 oz	5
18040	Bread, oatmeal, toasted	28.35	1.0 oz	4
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	14
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	5
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0
18971	Bread, potato	32.0	1.0 slice	28
18043	Bread, protein (includes gluten)	28.35	1.0 oz	1
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	1
18044	Bread, pumpernickel	28.35	1.0 oz	0
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0
18047	Bread, raisin, enriched	28.35	1.0 oz	0
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	0
18414	Bread, raisin, unenriched	28.35	1.0 oz	0
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	1
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	2
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	1
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0
18057	Bread, reduced-calorie, white	28.35	1.0 oz	1
18059	Bread, rice bran	28.35	1.0 oz	1
18384	Bread, rice bran, toasted	28.35	1.0 oz	0
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	5
18060	Bread, rye	28.35	1.0 oz	2
18061	Bread, rye, toasted	28.35	1.0 oz	1
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	321
18064	Bread, wheat	28.35	1.0 oz	1
18066	Bread, wheat bran	28.35	1.0 oz	0
18068	Bread, wheat germ	28.35	1.0 oz	1
18385	Bread, wheat germ, toasted	28.35	1.0 oz	1
18065	Bread, wheat, toasted	28.35	1.0 oz	0
18967	Bread, wheat, white wheat	28.0	1.0 slice	1
18069	Bread, white, commercially prepared (includes soft bread crumbs)	28.0	1.0 slice	0
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	22
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	12
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	1
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	1
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	1
09059	Breadfruit, raw	220.0	1.0 cup	0
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	575
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	65
18459	Breakfast tart, low fat	52.0	1.0 tart	494
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	26
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	26
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	26
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	80
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	382
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	3853
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1049
11969	Broccoli, chinese, cooked	88.0	1.0 cup	1441
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	1207
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	1207
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	2130
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	1860
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	1860
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1613
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	1029
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	930
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	1081
11090	Broccoli, raw	91.0	1.0 cup chopped	567
11741	Broccoli, stalks, raw	114.0	1.0 stalk	456
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	163
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	163
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	1435
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	1435
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	586
11098	Brussels sprouts, raw	88.0	1.0 cup	664
20008	Buckwheat	170.0	1.0 cup	0
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20013	Bulgur, cooked	182.0	1.0 cup	4
20012	Bulgur, dry	140.0	1.0 cup	13
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	971
21387	BURGER KING, Hash Brown Rounds	77.0	1.0 serving small	0
21509	BURGER KING, Onion Rings	91.0	1.0 small	5
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	88
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	295
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	303
07269	BUTCHER BOY MEATS, INC., Turkey Franks	56.0	1.0 serving	166
01003	Butter oil, anhydrous	12.8	1.0 tbsp	393
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	238
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	238
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	125
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	95
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	125
11106	Butterbur, (fuki), raw	94.0	1.0 cup	47
11108	Butterbur, canned	124.0	1.0 cup, chopped	0
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	7223
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	7223
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	3128
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	1151
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	1151
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	242
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	44
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	44
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	60
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	60
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	284
43144	Cabbage, mustard, salted	128.0	1.0 cup	1243
11970	Cabbage, napa, cooked	109.0	1.0 cup	287
11109	Cabbage, raw	89.0	1.0 cup, chopped	87
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	7

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	7
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	993
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	1289
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	1289
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	700
18087	Cake mix, angelfood, dry	38.0	1.0 serving	0
18137	Cake mix, dry, white, regular	46.0	1.0 serving	0
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	1
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	23
18092	Cake, carrot, dry mix, pudding-type	28.35	1.0 oz	547
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	125
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	3
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	1
18099	Cake, chocolate, dry mix, regular	28.35	1.0 oz	1
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	133
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	6
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	14
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	1
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	72
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	147
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	27
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	35
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	35
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	20
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	1
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	5
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	4
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	44
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	73
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	0
18419	Cake, white, dry mix, pudding-type, unenriched	28.35	1.0 oz	0
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	12
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	38
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	37
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	72
18453	Cake, yellow, dry mix, light	28.35	1.0 oz	4
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	0
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	0
18420	Cake, yellow, dry mix, regular, unenriched	28.35	1.0 oz	0
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	95
06997	CAMPBELL'S Beef Gravy	59.0	0.25 cup	0
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	0
06999	CAMPBELL'S Chicken Gravy	59.0	0.25 cup	200
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	5000
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	2499
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	2999
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	399
06247	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken with Vegetables and Pasta Soup, ready-to-serve	245.0	1.0 serving 1 cup	2499
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	0
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	2999
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	2499
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	100
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	0
06385	CAMPBELL'S CHUNKY Soups, Barbeque Seasoned Burger Soup	245.0	1.0 cup	299
06386	CAMPBELL'S CHUNKY Soups, BBQ Seasoned Pork Soup	245.0	1.0 cup	500
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	2249
27004	CAMPBELL'S CHUNKY Soups, Beef Stew - Fully Loaded	245.0	1.0 cup	1250
27005	CAMPBELL'S CHUNKY Soups, Beef Stroganof - Fully Loaded	245.0	1.0 cup	0
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	6000
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	2499
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	500
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	1999
06394	CAMPBELL'S CHUNKY Soups, Chicken Mushroom Chowder	245.0	1.0 cup	1250
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	2999
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	500
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	399

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	2999
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	2999
27006	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Beef Barley Soup	245.0	1.0 cup	750
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	1000
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	750
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	0
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	4001
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	2499
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	245.0	1.0 cup	1499
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	2999
06420	CAMPBELL'S CHUNKY Soups, Hearty Vegetable with Pasta Soup	245.0	1.0 cup	2999
06421	CAMPBELL'S CHUNKY Soups, Herb Roasted Chicken with Potatoes & Garlic Soup	245.0	1.0 cup	4501
06424	CAMPBELL'S CHUNKY Soups, Honey Roasted Ham with Potatoes Soup	245.0	1.0 cup	2999
06427	CAMPBELL'S CHUNKY Soups, Italian Sausage & Peppers Soup	245.0	1.0 cup	500
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	4001
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	0
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	6410
06435	CAMPBELL'S CHUNKY Soups, Pepper Steak Soup	245.0	1.0 cup	1250
06436	CAMPBELL'S CHUNKY Soups, Pork Roast with Carrots & Potatoes Soup	245.0	1.0 cup	2999
27010	CAMPBELL'S CHUNKY Soups, Rigatoni & Meatballs - Fully Loaded	245.0	1.0 cup	201
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	500
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	2499
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	2499
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	3501
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	4001
06454	CAMPBELL'S CHUNKY Soups, Sizzlin' Steak- Grilled Steak Chili with Beans	245.0	1.0 cup	750
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	2999
06458	CAMPBELL'S CHUNKY Soups, Smoked Chicken with Roasted Corn Chowder	245.0	1.0 cup	1250
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	2499
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	0
06464	CAMPBELL'S CHUNKY Soups, Tantalizin' Turkey - Turkey Chili with Beans Soup	245.0	1.0 serving	1000
27011	CAMPBELL'S CHUNKY Soups, Turkey Pot Pie - Fully Loaded	245.0	1.0 cup	2499
06391	CAMPBELL'S CHUNKY, Chicken and Dumplings Soup	245.0	1.0 cup	1754
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	1203
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	15
06318	CAMPBELL'S Country Style Cream Gravy	59.0	0.25 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06319	CAMPBELL'S Country Style Sausage Gravy	59.0	0.25 cup	0
06320	CAMPBELL'S Fat Free Chicken Gravy	59.0	0.25 cup	100
06321	CAMPBELL'S Golden Pork Gravy	59.0	0.25 cup	0
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	436
06195	CAMPBELL'S HEALTHY REQUEST, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	708
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	513
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	1501
06324	CAMPBELL'S Microwavable Beef Gravy	59.0	0.25 cup	0
06325	CAMPBELL'S Microwavable Chicken Gravy	60.0	0.25 cup	200
06332	CAMPBELL'S Microwavable Turkey Gravy	60.0	0.25 cup	0
16201	Campbell's Pork and Beans	130.0	0.5 cup	0
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	500
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	500
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	500
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	399
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	1000
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	500
06105	CAMPBELL'S Red and White, BATMAN Fun Shapes Soup, condensed	126.0	1.0 serving 1/2 cup	500
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	500
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	1250
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	999
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	1.0 serving 1/2 cup	750
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	500
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	500
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	300
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	0
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	100
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	500
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	2500
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	100
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	200
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	300
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	300
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	200
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	999
06344	CAMPBELL'S Red and White, Creamy Chicken Verde Soup, condensed	124.0	1.0 serving 1/2 cup	0
06346	CAMPBELL'S Red and White, Curly Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	750
06349	CAMPBELL'S Red and White, DORA THE EXPLORER Kidshapes Soup, condensed	126.0	1.0 serving 1/2 cup	500
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	500
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	500
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	0
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	500
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	500
06360	CAMPBELL'S Red and White, GOLDFISH Pasta with Meatballs in Chicken Broth Soup, condensed	126.0	1.0 serving 1/2 cup	500
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	200
06362	CAMPBELL'S Red and White, Hearty Vegetable with Pasta Soup, condensed	126.0	1.0 serving 1/2 cup	2500
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	500
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	750
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	1000
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	750
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	1000
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	500
06370	CAMPBELL'S Red and White, Pepper Pot Soup, condensed	126.0	1.0 serving 1/2 cup	750
06371	CAMPBELL'S Red and White, Scotch Broth, condensed	124.0	1.0 serving 1/2 cup	2000
27016	CAMPBELL's Red and White, Souper Shapes Soup - Cars, condensed	126.0	0.5 cup	500
06372	CAMPBELL'S Red and White, Southwest Style Pepper Jack Soup, condensed	124.0	1.0 serving 1/2 cup	100
06381	CAMPBELL'S Red and White, Southwestern-Style Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	500
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	300
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	300
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3000
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	2500
06507	CAMPBELL'S SELECT Gold Label Soups, Blended Red Pepper Black Bean Soup	245.0	1.0 cup	750
06508	CAMPBELL'S SELECT Gold Label Soups, Creamy Portobello Mushroom Soup	245.0	1.0 cup	100
27024	CAMPBELL'S SELECT Gold Label Soups, Creamy Tomato Parmesan	245.0	1.0 cup	500
06509	CAMPBELL'S SELECT Gold Label Soups, Golden Butternut Squash Soup	245.0	1.0 cup	1499
27025	CAMPBELL'S SELECT Gold Label Soups, Italian Tomato & Basil Soup	245.0	1.0 cup	2249
27026	CAMPBELL'S SELECT Gold Label Soups, Southwestern Corn Chowder	245.0	1.0 cup	299
06513	CAMPBELL'S SELECT HARVEST Microwaveable Bowls, 98% Fat Free New England Clam Chowder	245.0	1.0 cup	0
06514	CAMPBELL'S SELECT Microwaveable Bowls, Chicken with Egg Noodles Soup	245.0	1.0 cup	2499
27017	CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	1000

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
27018	CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	500
06516	CAMPBELL'S SELECT Microwaveable Bowls, Italian Sausage Pasta & Pepperoni Soup	245.0	1.0 cup	299
06517	CAMPBELL'S SELECT Microwaveable Bowls, Italian-Style Wedding Soup	245.0	1.0 cup	750
06519	CAMPBELL'S SELECT Microwaveable Bowls, Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	299
06521	CAMPBELL'S SELECT Microwaveable Bowls, Minestrone Soup	245.0	1.0 cup	1499
06525	CAMPBELL'S SELECT Microwaveable Bowls, Savory Chicken and Long Grain Rice Soup	245.0	1.0 cup	0
06529	CAMPBELL'S SELECT Soup, 98% Fat Free New England Clam Chowder	245.0	1.0 cup	0
06531	CAMPBELL'S SELECT Soup, Beef with Roasted Barley Soup	245.0	1.0 cup	0
06532	CAMPBELL'S SELECT Soup, Chicken & Pasta with Roasted Garlic Soup	245.0	1.0 cup	1499
06533	CAMPBELL'S SELECT Soup, Chicken Vegetable Medley Soup	245.0	1.0 cup	1749
06535	CAMPBELL'S SELECT Soup, Creamy Chicken Alfredo Soup	245.0	1.0 cup	1250
27019	CAMPBELL'S SELECT Soup, Harvest Tomato with Basil Soup	245.0	1.0 cup	500
06617	CAMPBELL'S SELECT Soup, HEALTHY REQUEST Italian-Style Wedding Soup	245.0	1.0 cup	500
06537	CAMPBELL'S SELECT Soup, HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	399
06540	CAMPBELL'S SELECT Soup, Italian Sausage with Pasta & Pepperoni Soup	245.0	1.0 cup	299
06541	CAMPBELL'S SELECT Soup, Italian-Style Wedding Soup	245.0	1.0 cup	750
06542	CAMPBELL'S SELECT Soup, Mediterranean Meatball w/Bowtie Pasta Soup	245.0	1.0 cup	1000
06543	CAMPBELL'S SELECT Soup, Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	399
06544	CAMPBELL'S SELECT Soup, Minestrone Soup	245.0	1.0 cup	1499
06545	CAMPBELL'S SELECT Soup, New England Clam Chowder	256.0	1.0 cup	0
06546	CAMPBELL'S SELECT Soup, Potato Broccoli Cheese Soup	245.0	1.0 cup	0
06548	CAMPBELL'S SELECT Soup, Roasted Chicken with Long Grain & Wild Rice Soup	245.0	1.0 cup	1499
06550	CAMPBELL'S SELECT Soup, Roasted Chicken with Rotini & Penne Pasta Soup	245.0	1.0 cup	1499
06553	CAMPBELL'S SELECT Soup, Savory White Bean with Roasted Ham Soup	245.0	1.0 cup	1749
06554	CAMPBELL'S SELECT Soup, Slow Roasted Beef and Vegetables Soup	248.0	1.0 cup	5062
06556	CAMPBELL'S SELECT Soup, Split Pea with Roasted Ham Soup	245.0	1.0 cup	1499
06578	CAMPBELL'S SELECT Soup, Tomato Garden Soup	245.0	1.0 cup	2999
06580	CAMPBELL'S SELECT Soup, Vegetable Medley Soup	245.0	1.0 cup	3501
27020	CAMPBELL'S SELECT Soup, Zesty Azteca Meatballs & Rice	245.0	1.0 cup	1499
27021	CAMPBELL'S SELECT Soups, HEALTHY REQUEST Chicken with Egg Noodles	246.0	1.0 cup	1004
27022	CAMPBELL'S SOUP AT HAND, 25% Less Sodium Chicken with Mini Noodles Soup	305.0	1.0 serving	1501
27023	CAMPBELL'S SOUP AT HAND, 25% Less Sodium Classic Tomato	305.0	1.0 serving	500
06585	CAMPBELL'S SOUP AT HAND, Blended Vegetable Medley Soup	305.0	1.0 serving	4499
06586	CAMPBELL'S SOUP AT HAND, Chicken & Stars Soup	305.0	1.0 serving	1000
06587	CAMPBELL'S SOUP AT HAND, Chicken with Mini Noodles Soup	305.0	1.0 serving	1501
06589	CAMPBELL'S SOUP AT HAND, Cream of Broccoli Soup	305.0	1.0 serving	101

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06590	CAMPBELL'S SOUP AT HAND, Creamy Chicken Soup	305.0	1.0 serving	1501
06592	CAMPBELL'S SOUP AT HAND, Creamy Tomato Soup	305.0	1.0 serving	400
06593	CAMPBELL'S SOUP AT HAND, Italian Style Wedding Soup	305.0	1.0 serving	1000
06594	CAMPBELL'S SOUP AT HAND, New England Clam Chowder	305.0	1.0 serving	0
06595	CAMPBELL'S SOUP AT HAND, Vegetable Beef Soup	305.0	1.0 serving	400
06596	CAMPBELL'S SOUP AT HAND, Velvety Potato Soup	305.0	1.0 serving	0
06326	CAMPBELL'S Turkey Gravy	59.0	0.25 cup	0
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	222
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	999
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	100
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	100
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	515
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	1270
06062	CAMPBELL'S, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	199
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	604
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	244
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	500
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	10
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	0
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	562
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	501
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	501
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	501
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	401
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	2000
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	2000
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	2000
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	5001
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	1499
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	2000
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	2000
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	2000
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	1249
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	757
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10130	Canadian bacon, unprepared	85.0	3.0 oz	0
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	29
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	21
19070	Candies, butterscotch	28.35	1.0 oz	28
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	106
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	30
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
19071	Candies, carob, unsweetened	28.35	1.0 oz	3
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	21
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	14
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	2
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	7
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	24
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	1
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	55
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	65
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	27
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	40
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	5
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	43
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	48
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	182.0	1.0 cup	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
19117	Candies, halavah, plain	28.35	1.0 oz	1
19107	Candies, hard	28.35	1.0 oz	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
19243	Candies, HEATH BITES	39.0	15.0 pieces	90
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	0
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	69
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	47
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	51
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	24

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19108	Candies, jellybeans	11.0	10.0 small	0
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	34
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	42
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	48
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	46
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	40
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	6
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	7
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	6
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	5
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	50
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	108
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	30
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	78
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	90
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	67
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	42
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	40
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	26
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	64
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	115
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	108
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	78
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	41
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	53
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	68
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	0
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	83
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	92
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	56
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	126
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	38
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	16
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	37
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	14
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	48
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	195
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	72
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	87
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	61
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	55
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	1
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	0
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	47
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	27
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	35
43046	Candies, nougat, with almonds	14.0	1.0 piece	0
19147	Candies, peanut bar	28.35	1.0 oz	0
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	40
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	7
19238	Candies, REESE'S BITES	39.0	16.0 pieces	23
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	27
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	19
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	10
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	22
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	58
19080	Candies, semisweet chocolate	14.5	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	102
19154	Candies, sesame crunch	28.35	1.0 oz	2
19136	Candies, SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	280
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	1
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0
19081	Candies, sweet chocolate	28.35	1.0 oz	0
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	96
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	15
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	138
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	62
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	0
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0
19112	Candies, TWIZZLERS Strawberry Twists Candy	71.0	2.5 oz 2.5 oz	0
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	64
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	26
19181	Candies, YORK BITES	39.0	15.0 pieces	3
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	3
02054	Capers, canned	8.6	1.0 tbsp, drained	12
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	81
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0
14142	Carbonated beverage, grape soda	31.0	1.0 fl oz	0
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14150	Carbonated beverage, orange	31.0	1.0 fl oz	0
14153	Carbonated beverage, pepper-type, contains caffeine	30.7	1.0 fl oz	0
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0
11122	Cardoon, raw	178.0	1.0 cup, shredded	0
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	206
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	60
16055	Carob flour	103.0	1.0 cup	14
14168	Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0
14169	Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	248
11655	Carrot juice, canned	236.0	1.0 cup	45133
11683	Carrot, dehydrated	74.0	1.0 cup	50665
11960	Carrots, baby, raw	15.0	1.0 large	2068
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	16308
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	13739
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	16308
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	15085
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	1652
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	1652
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	24715
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	24715
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	9094
11124	Carrots, raw	128.0	1.0 cup chopped	21384
11134	Cassava, raw	206.0	1.0 cup	27
11935	Catsup	17.0	1.0 tbsp	87
11949	Catsup, low sodium	17.0	1.0 tbsp	87
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	2
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	7
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	7
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	18
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	18
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	8
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	127
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	87

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11965	Cauliflower, green, raw	64.0	1.0 cup	99
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0
11141	Celeriac, raw	156.0	1.0 cup	0
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	782
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	782
11143	Celery, raw	101.0	1.0 cup chopped	453
11145	Celtuce, raw	8.0	1.0 leaf	280
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0
43584	Cereals ready-to-eat, amaranth flakes	38.0	1.0 cup	0
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0
08606	Cereals ready-to-eat, BEAR NAKED Banana Nut	57.0	0.75 cup (1 NLEA serving)	10
08607	Cereals ready-to-eat, BEAR NAKED Cranberry Raisin	56.0	0.67 cup (1 NLEA serving)	6
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	1323
08022	Cereals ready-to-eat, corn flakes, low sodium	25.0	1.0 cup	51
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	7
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup	1323
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	750
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	1000
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	400
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	21.0	0.75 cup	300
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	500
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	500
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	500
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	500
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	500
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	500
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	924
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	500
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	500
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	750
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	533
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	500
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	500
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	443

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	500
08667	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS Brownie Crunch	27.0	0.75 cup (1 NLEA serving)	500
08635	Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, 25% Reduced Sugar	24.0	0.75 cup (1 NLEA serving)	400
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	500
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	500
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	500
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	500
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	500
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	500
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	10
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	500
08597	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Frosted Shredded Wheat	60.0	1.0 cup (1 NLEA serving)	0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	500
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	519
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	500
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	1000
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	500
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	484
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	500
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	923
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	762
08345	Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX	47.0	0.75 cup (1 NLEA serving)	500
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	500
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	500
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	55.0	1.0 cup (1 NLEA serving)	2
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	500
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	750

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08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	500
08585	Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cranberry Crunch	58.0	1.25 cup (1 NLEA serving)	500
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	500
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	500
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	500
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	500
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	23
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	109
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	3
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	0
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	1
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	25
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	1.0 cup (1 NLEA serving)	4
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	47
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	50
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	8
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	7
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	1.0 cup (1 NLEA serving)	1
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	67
08563	Cereals ready-to-eat, KASHI Granola, COCOA BEACH cereal	55.0	0.5 cup (1 NLEA serving)	7
08566	Cereals ready-to-eat, KASHI Granola, MOUNTAIN MEDLEY cereal	55.0	0.5 cup (1 NLEA serving)	5
08565	Cereals ready-to-eat, KASHI Granola, Summer Berry cereal	55.0	0.5 cup (1 NLEA serving)	6
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	1250
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	1250
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	18
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	56
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	7
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	0
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	2
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	1252
08605	Cereals ready-to-eat, KASHI, KASHI U	55.0	1.0 cup (1 NLEA serving)	23
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	500
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	500

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08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	517
08614	Cereals ready-to-eat, KELLOGG's CRUNCHY NUT Roasted Nut and Honey O's	27.0	0.75 cup (1 NLEA serving)	500
08612	Cereals ready-to-eat, KELLOGG's FIBERPLUS Berry Yogurt Crunch	53.0	1.0 cup (1 NLEA serving)	1250
08611	Cereals ready-to-eat, KELLOGG's FIBERPLUS Cinnamon Oat Crunch	32.0	0.75 cup (1 NLEA serving)	1250
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	500
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	8
08616	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Cinnamon Streusel	54.0	23.0 biscuits (1 NLEA serving)	4
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0
08621	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle Mixed Berry	55.0	24.0 biscuits (1 NLEA serving)	4
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	3
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	3
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	2000
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	500
08618	Cereals ready-to-eat, KELLOGG'S Pops MiXit cereal, all flavors	30.0	1.0 cup (1 NLEA serving)	1318
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	1250
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	750
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	750
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	3
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	3
08458	Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry	29.0	0.75 cup (1 NLEA serving)	500
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	500
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	750
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	750
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	500
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	750
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	542
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	500
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	522
08520	Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ	30.0	1.0 cup (1 NLEA serving)	500
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	1250
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	500
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	500
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	400
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	500
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	500
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	468

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	59.0	24.0 biscuits (Bite Size) (1 NLEA serving)	4
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	1250
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	501
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	500
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	750
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	750
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	500
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	4
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	300
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	750
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	761
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	2195
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	504
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	1250
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	750
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	750
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	500
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	750
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	750
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	500
08530	Cereals ready-to-eat, KELLOGG, SMORZ	30.0	1.0 cup (1 NLEA serving)	500
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	750
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	607
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	500
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	500
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	400
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	468
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	600
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	911
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	500
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1477
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	700
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	1573
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	980
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	1086

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	1044
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	588
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	500
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	940
08489	Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	891
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	636
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	563
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	743
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	1322
42100	Cereals ready-to-eat, Marshmallow ALPHA-BITS	29.0	1.0 cup (1 NLEA serving)	750
42184	Cereals ready-to-eat, MUESLI, dried fruit and nuts	85.0	1.0 cup	464
08502	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	55.0	1.0 cup	0
08503	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM	55.0	1.0 cup	0
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0
08305	Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored	30.0	1.0 cup (1 NLEA serving)	750
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	750
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	750
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	750
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	750
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	750
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	750
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	750
08076	Cereals ready-to-eat, POST TOASTIES corn flakes	28.0	1.0 cup (1 NLEA serving)	751
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	750
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	750
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	750
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	750
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	1024
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	750
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	750
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	750
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	750
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	819
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	750

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	750
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	750
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	750
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	750
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	0
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	666
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	51.0	0.5 cup (1 NLEA serving)	4
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	40
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	39
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	38
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	48
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	40
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	1.0 serving (1 NLEA serving)	38
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	586
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	1039
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	12
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	12
08353	Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH	60.0	1.0 cup (1 NLEA serving)	5
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	54
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	41
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	49
08352	Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor	32.0	0.75 cup (1 NLEA serving)	23
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	9
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	4
08215	Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	561
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	42
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	12
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	11
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	13
08214	Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	557
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	2

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0
08212	Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds	57.0	0.5 cup (1 NLEA serving)	0
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	40
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup	550
08505	Cereals ready-to-eat, Ralston Corn Biscuits	30.0	1.0 serving (NLEA serving size = 1 cup)	351
08506	Cereals ready-to-eat, Ralston Corn Flakes	28.0	1.0 serving (NLEA serving size = 1 cup)	592
08507	Cereals ready-to-eat, Ralston Crispy Hexagons	29.0	1.0 serving (NLEA serving size = 1 cup)	780
08025	Cereals ready-to-eat, Ralston Crispy Rice	33.0	1.0 serving (NLEA serving size = 1.25 cup)	774
08504	Cereals ready-to-eat, Ralston Enriched Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	514
08074	Cereals ready-to-eat, Ralston TASTEEOS	30.0	1.0 cup (1 NLEA serving)	513
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	1.667 tbsp (1 NLEA serving)	0
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	1.67 tablespoon	0
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	810
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	568
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL	57.0	1.0 cup	0
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	750
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	29
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	211
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	21
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	513
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	1863
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	1250
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	1250
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	1
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	721
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	1013
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	660
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	878
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	863
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	1104
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet	4
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	1
08096	Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry	28.0	1.0 packet	0
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup	0
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet	3
08450	Cereals, QUAKER, Instant Grits Product with Ham 'n' Cheese, dry	28.0	1.0 packet	4
08444	Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Country Ham, dry	28.0	1.0 packet	0
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet	200
08419	Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry	54.0	1.0 container	1000
08418	Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry	54.0	1.0 container	1100
08414	Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry	54.0	1.0 container	1000
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	1100
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	1649
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet	1100
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet	1159
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	631
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet	1100
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	1100
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	550
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	990
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	708
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	1107
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	40
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	4
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0
08452	Cereals, QUAKER, Whole Wheat Natural Cereal	40.0	0.5 cup	4
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	7
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	9
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	10717
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	10717
11147	Chard, swiss, raw	36.0	1.0 cup	2202
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	75
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	75
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
01045	Cheese food, cold pack, American	28.35	1.0 oz	200
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	255
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	860
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	1006
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	243
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	198
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	208

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	269
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	71
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	93
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	138
43276	Cheese spread, cream cheese base	28.35	1.0 oz	292
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	914
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	1646
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	90
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	36
01004	Cheese, blue	28.35	1.0 oz	204
01005	Cheese, brick	132.0	1.0 cup, diced	1426
01006	Cheese, brie	28.35	1.0 oz	168
01007	Cheese, camembert	28.35	1.0 oz	232
01008	Cheese, caraway	28.35	1.0 oz	299
01009	Cheese, cheddar	132.0	1.0 cup, diced	1323
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	58
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	110
01010	Cheese, cheshire	28.35	1.0 oz	279
01011	Cheese, colby	132.0	1.0 cup, diced	1312
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	158
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	165
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	46
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	45
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	45
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	101
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	84
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	12
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	420
01017	Cheese, cream	14.5	1.0 tbsp	195
01186	Cheese, cream, fat free	18.0	1.0 tbsp	10
43274	Cheese, cream, low fat	15.0	1.0 tbsp	83
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	776
01018	Cheese, edam	28.35	1.0 oz	234
01019	Cheese, feta	150.0	1.0 cup, crumbled	633
01020	Cheese, fontina	132.0	1.0 cup, diced	1205
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	983

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01021	Cheese, gjetost	28.35	1.0 oz	316
01156	Cheese, goat, hard type	28.35	1.0 oz	495
01157	Cheese, goat, semisoft type	28.35	1.0 oz	415
01159	Cheese, goat, soft type	28.35	1.0 oz	293
01022	Cheese, gouda	28.35	1.0 oz	160
01023	Cheese, gruyere	132.0	1.0 cup, diced	1251
01024	Cheese, limburger	134.0	1.0 cup	1548
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	273
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	1315
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	185
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	166
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	290
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	251
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	255
01025	Cheese, monterey	132.0	1.0 cup, diced	1015
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	725
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	682
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	544
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	136
01029	Cheese, mozzarella, part skim milk, low moisture	132.0	1.0 cup, diced	799
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	757
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	211
01030	Cheese, muenster	132.0	1.0 cup, diced	1336
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	670
01031	Cheese, neufchatel	28.35	1.0 oz	238
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	605
01032	Cheese, parmesan, grated	100.0	1.0 cup	865
01033	Cheese, parmesan, hard	28.35	1.0 oz	221
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	463
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	43
01042	Cheese, pasteurized process, American, fortified with vitamin D	140.0	1.0 cup, diced	1583
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	301
01253	Cheese, pasteurized process, American, without added vitamin D	140.0	1.0 cup, diced	1323
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	235
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	1343
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	1442

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1044
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	213
01034	Cheese, port de salut	132.0	1.0 cup, diced	1441
01035	Cheese, provolone	132.0	1.0 cup, diced	1162
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	702
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	476
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	552
01038	Cheese, romano	28.35	1.0 oz	118
01039	Cheese, roquefort	28.35	1.0 oz	297
01040	Cheese, swiss	132.0	1.0 cup, diced	1096
43589	Cheese, swiss, low fat	132.0	1.0 cup, diced	201
43405	Cheese, swiss, low sodium	132.0	1.0 cup, diced	1080
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	43
01041	Cheese, tilsit	28.35	1.0 oz	296
01229	Cheese, white, queso blanco	118.0	1.0 cup crumbled	655
18147	Cheesecake commercially prepared	28.35	1.0 oz	155
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	104
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	19
09062	Cherimoya, raw	160.0	1.0 cup, pieces	8
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	1817
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	1828
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1830
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	1840
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	1348
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1989
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	394
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	312
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	396
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	390
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	424
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	397
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	490
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	88
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	1132
19163	Chewing gum	3.0	1.0 stick	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	1
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	22
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	2081
07017	Chicken roll, light meat	57.0	2.0 slices (1 serving)	0
07018	Chicken spread	56.0	1.0 serving (1 serving)	55
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	8
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	28
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised	85.0	3.0 oz	26
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	85.0	3.0 oz	27
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	21
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	67
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	43
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	31
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	14
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	40
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	23
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	145
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	64
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	42
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	44
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	19
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	86
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	54
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	111
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	94
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	262
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	148
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	34
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	58
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	31

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	56
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	30
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	130
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	35
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	115
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	72
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	29
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	15
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	27
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, raw	85.0	3.0 oz	31
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	40
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	23
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	20
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	29
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	88
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	114
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	203
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	205
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	144
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	111
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	101
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	97
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	78
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	60
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	30
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	85.0	3.0 oz	20
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	37
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	42
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	32
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	127
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	61
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	18

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	48
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	17297
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	8510
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2035
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	86
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	58
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	174
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	78
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	37
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	19
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	51
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	27
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	89
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	53
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	87
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	86
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	115
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	42
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	41
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	38
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	513
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	702
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	655
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	541
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	492
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	79
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	76
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	225
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	204
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	119
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	83
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	44
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	74
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	70

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	32
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	65
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	157
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	77
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	88
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	53
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	87
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	123
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	49
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	37
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	75
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	62
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	149.0	1.0 thigh without skin (yield from 1 lb ready-to-cook chicken)	116
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	31
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	40
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	87
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	33
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	33
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	46
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	186
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	31
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	20
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	76
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	10

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	166
05311	Chicken, canned, no broth	28.0	1.0 oz	50
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	19236
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	16751
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	624
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	769
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	58
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	110
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	90
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	92
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	55
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	64
05687	Chicken, dark meat, drumstick, meat and skin, enhanced, braised	106.0	1.0 drumstick with skin	42
05689	Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted	129.0	1.0 drumstick with skin	50
05688	Chicken, dark meat, drumstick, meat and skin, enhanced, raw,	143.0	1.0 drumstick with skin	72
05680	Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised	95.0	1.0 drumstick without skin	22
05679	Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted	91.0	1.0 drumstick without skin	18
05678	Chicken, dark meat, drumstick, meat only, enhanced, raw	143.0	1.0 drumstick with skin	40
05690	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised	85.0	3.0 oz	44
05692	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted	130.0	1.0 thigh with skin	73
05691	Chicken, dark meat, thigh, meat and skin, enhanced, raw	85.0	3.0 oz	61
05681	Chicken, dark meat, thigh, meat only, enhanced, cooked, braised	85.0	3.0 oz	21
05683	Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted	130.0	1.0 thigh with skin	35
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	16
05335	Chicken, feet, boiled	28.35	1.0 oz	28
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	18
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	41
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	2
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	6326
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	5864
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	4874
43128	Chicken, meatless	168.0	1.0 cup	0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	46
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	43
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	76
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	68
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	11797
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2398
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	35
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	507
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	717
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	71
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	57
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	38
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	46
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	51
05684	Chicken, skin (drumsticks and thighs), enhanced, cooked, braised	28.35	1.0 oz	42
05686	Chicken, skin (drumsticks and thighs), enhanced, cooked, roasted	28.35	1.0 oz	50
05685	Chicken, skin (drumsticks and thighs), enhanced, raw	28.35	1.0 oz	53
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	56
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	203
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	142
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	13827
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2939
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	102
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	518
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	937
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	111
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	151
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	157
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	89
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	17
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	66
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	50
16157	Chickpea flour (besan)	92.0	1.0 cup	38
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	58

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	56
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	36
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	36
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	44
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	44
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	134
11152	Chicory greens, raw	29.0	1.0 cup, chopped	1658
11154	Chicory roots, raw	60.0	1.0 root	4
11151	Chicory, witloof, raw	53.0	1.0 head	15
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	76
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	47
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	348
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	229
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1130
16059	Chili with beans, canned	256.0	1.0 cup	863
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1103
22911	Chili, no beans, canned entree	240.0	1.0 cup	650
11615	Chives, freeze-dried	0.2	1.0 tbsp	137
11156	Chives, raw	3.0	1.0 tbsp chopped	131
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	0
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	248
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	14
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	14
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	11
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	396
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	22.0	1.0 portion (2-3 heaping tsp)	0
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	250
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	488
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	1
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	259
07019	Chorizo, pork and beef	28.35	1.0 oz	0
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	954
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	2572
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	2572
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	580

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	1
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	46
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	11
14187	Clam and tomato juice, canned	30.2	1.0 fl oz	45
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	4
14195	Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	2
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	2
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	3
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	1
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	0
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0
43343	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	0
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0
14421	Coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	229
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	0
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	0
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	0
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	0
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	0
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	0
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0
14222	Coffee, instant, with chicory, powder	1.8	1.0 tsp, rounded	0
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	0
14229	Coffee, instant, with sugar, french-flavor, powder	13.0	4.0 teaspoon (1 serving)	0
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	1
18103	Coffeecake, cheese	28.35	1.0 oz	81

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	31
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	31
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	7
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	39
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	35
18106	Coffeecake, fruit	28.35	1.0 oz	40
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	14440
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	14440
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	19538
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	19538
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	8724
11161	Collards, raw	36.0	1.0 cup, chopped	1807
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	7
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	20
28298	Cookies, brownies, commercially prepared, reduced fat	36.0	1.0 brownie 1 serving	0
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	3
18196	Cookies, brownies, dry mix, special dietary	28.35	1.0 oz	0
18197	Cookies, brownies, dry mix, special dietary, prepared	28.35	1.0 oz	0
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	234
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	191
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	191
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	1
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	1
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	168
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	194
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	4
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	17

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0
18157	Cookies, chocolate wafers	28.35	1.0 oz	3
18169	Cookies, coconut macaroons, prepared from recipe	28.35	1.0 oz	0
18170	Cookies, fig bars	28.35	1.0 oz	9
18171	Cookies, fortune	28.35	1.0 oz	1
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	1
18172	Cookies, gingersnaps	28.35	1.0 oz	1
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	2
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	1
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	1
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	14
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	158
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1
18177	Cookies, molasses	28.35	1.0 oz	0
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	2
18456	Cookies, oatmeal, commercially prepared, fat-free	28.35	1.0 oz	0
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	5
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	9
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	2
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	8
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	192
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	215
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	20
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	20
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	1
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	3
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	183
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	13
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	13

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18191	Cookies, raisin, soft-type	28.35	1.0 oz	1
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	1
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	24
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0
18202	Cookies, sugar wafers with creme filling, special dietary	28.35	1.0 oz	0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	26
18203	Cookies, sugar, commercially prepared, special dietary	28.35	1.0 oz	0
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	291
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	12
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	10
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0
18213	Cookies, vanilla wafers, higher fat	28.35	1.0 oz	0
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	9
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	270
20015	Corn bran, crude	76.0	1.0 cup	54
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	140
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	270
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	6
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	244
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	6
20316	Corn flour, whole-grain, white	117.0	1.0 cup	4
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	250
11656	Corn pudding, home prepared	250.0	1.0 cup	740
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	527
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	74
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	3
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	3
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	2
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	2
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	2
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	3
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	5
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	5
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	7
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	7
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	87
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	189
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	189
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	87
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	170
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	170
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	74
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	234
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	234
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	328
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	265
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	383
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	383
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	403
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	328
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	271
20314	Corn, white	166.0	1.0 cup	0
20014	Corn, yellow	166.0	1.0 cup	355
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	330
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	5
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	336
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	5
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	336
20323	Cornmeal, self-rising, bolted, plain, enriched, white	122.0	1.0 cup	0
20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	122.0	1.0 cup	572
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	0
20024	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	170.0	1.0 cup	488
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	0
20025	Cornmeal, self-rising, degermed, enriched, yellow	138.0	1.0 cup	295
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	4

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	261
11190	Cornsalad, raw	56.0	1.0 cup	3972
20027	Cornstarch	128.0	1.0 cup	0
20029	Couscous, cooked	157.0	1.0 cup, cooked	0
20028	Couscous, dry	173.0	1.0 cup	0
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	1305
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	1305
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	128
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	128
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	134
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	1185
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	17
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	17
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	55
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	31
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	26
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	26
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	84
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	305
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	305
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	256
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	1330
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	1330
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	1287
09077	Crabapples, raw	110.0	1.0 cup slices	44
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	19
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	10
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1298
36605	CRACKER BARREL, country fried shrimp platter	12.8	1.0 piece	0
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	35
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	402
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	653
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	107
18236	Cracker meal	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18434	Crackers, cheese, low sodium	14.2	0.5 oz	22
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	17
18214	Crackers, cheese, regular	14.2	0.5 oz	22
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	15
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	34
18216	Crackers, crispbread, rye	14.2	0.5 oz	0
18218	Crackers, matzo, egg	14.2	0.5 oz	6
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	3
18217	Crackers, matzo, plain	14.2	0.5 oz	0
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0
18220	Crackers, melba toast, plain	14.2	0.5 oz	0
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0
18223	Crackers, milk	14.2	0.5 oz	8
28292	Crackers, multigrain	14.0	4.0 crackers	1
18224	Crackers, rusk toast	14.2	0.5 oz	6
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	47
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	1
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	1
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	9
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1
18428	Crackers, wheat, low salt	14.2	0.5 oz	0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0
18232	Crackers, wheat, regular	31.0	1.0 serving	0
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	10
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0
18235	Crackers, whole-wheat	28.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0
09079	Cranberries, dried, sweetened	40.0	0.33 cup	0
09078	Cranberries, raw	110.0	1.0 cup, chopped	66
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	3
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	12
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	2
43382	Cranberry juice, unsweetened	253.0	1.0 cup	114
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	116
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	1
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	24
14240	Cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	142
14241	Cranberry-grape juice drink, bottled	30.6	1.0 fl oz	2
09082	Cranberry-orange relish, canned	275.0	1.0 cup	192
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	99
18237	Cream puffs, prepared from recipe, shell (includes eclair)	28.35	1.0 oz	328
18238	Cream puffs, prepared from recipe, shell, with custard filling	28.35	1.0 oz	168
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	2
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	2
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	13
01069	Cream substitute, powdered	94.0	1.0 cup	31
42136	Cream substitute, powdered, light	94.0	1.0 cup	14
01049	Cream, fluid, half and half	30.2	1.0 fl oz	107
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	1764
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	197
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	1216
01199	Cream, half and half, fat free	29.0	2.0 tbsp	12
01056	Cream, sour, cultured	12.0	1.0 tbsp	69
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	56
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	411
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	21
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	10
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	6276
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	6276
11203	Cress, garden, raw	50.0	1.0 cup	3458
18240	Croissants, apple	28.35	1.0 oz	108
18239	Croissants, butter	28.35	1.0 oz	211
18241	Croissants, cheese	28.35	1.0 oz	228
18242	Croutons, plain	14.2	0.5 oz	0
18243	Croutons, seasoned	14.2	0.5 oz	5
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	39
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	20
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	3
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	2
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	151
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	4
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	88
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	76
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	147
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	128
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	42
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	42
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	42
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	45
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	6
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	6
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	161
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	256
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	56
15149	Crustaceans, shrimp, mixed species, raw	6.0	1.0 medium	11
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	17
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	14
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	96
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	55
09083	Currants, european black, raw	112.0	1.0 cup	258
09084	Currants, red and white, raw	112.0	1.0 cup	47

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09085	Currants, zante, dried	144.0	1.0 cup	105
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	148
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	147
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	15271
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	7179
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	5589
18245	Danish pastry, cheese	28.35	1.0 oz	36
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	7
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	3
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	14
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	21
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	50
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	10
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	57
09087	Dates, deglet noor	147.0	1.0 cup, chopped	15
09421	Dates, medjool	24.0	1.0 date, pitted	36
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	39
36027	DENNY'S, chicken strips	194.0	1.0 serving	169
36028	DENNY'S, coleslaw	91.0	1.0 serving	643
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	22
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	104
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	782
36031	DENNY'S, onion rings	166.0	1.0 serving	8
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1458
01070	Dessert topping, powdered	43.0	1.5 oz	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	96
01072	Dessert topping, pressurized	70.0	1.0 cup	55
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	107
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	200
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	247
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	246
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	4113
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	436
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	282
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	341
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	379
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	284
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	220
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	266
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	214
02045	Dill weed, fresh	1.0	5.0 sprigs	77
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	99
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	86
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	78
11616	Dock, raw	133.0	1.0 cup, chopped	5320
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	325
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	343
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	11
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	28.35	1.0 oz	3
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	5
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	3
18252	Doughnuts, cake-type, wheat, sugared or glazed	28.35	1.0 oz	3
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	2
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	7
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	4
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	11
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	20
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	133
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	5
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	2945
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	2945
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	1588
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	83
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	83
11620	Drumstick pods, raw	100.0	1.0 cup slices	74
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	17559
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	294
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	143

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	108
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	108
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	39
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	75
01225	Dulce de Leche	19.0	1.0 tbsp	51
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	107
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	42
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	28.35	1.0 oz	235
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	184
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	293
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	257
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	34
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	853
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	6633
22955	Egg rolls, vegetable, refrigerated, heated	78.0	1.0 roll	2570
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	135
01144	Egg substitute, powder	9.9	0.35 oz	122
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	472
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	936
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	49
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	438
01173	Egg, white, dried	28.0	1.0 oz	0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0
01128	Egg, whole, cooked, fried	46.0	1.0 large	362
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	707
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	93
01131	Egg, whole, cooked, poached	50.0	1.0 large	269
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	353
01133	Egg, whole, dried	85.0	1.0 cup, sifted	425
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	1742
01123	Egg, whole, raw, fresh	50.0	1.0 large	270
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	137

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	139
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1823
01125	Egg, yolk, raw, fresh	17.0	1.0 large	245
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	377
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	296
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	313
01057	Eggnog	254.0	1.0 cup	523
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	256
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	37
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	37
43146	Eggplant, pickled	136.0	1.0 cup	68
11209	Eggplant, raw	82.0	1.0 cup, cubes	19
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	116
09088	Elderberries, raw	145.0	1.0 cup	870
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0
05625	Emu, flat fillet, raw	85.0	3.0 oz	0
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	9
05626	Emu, full rump, raw	85.0	3.0 oz	13
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0
05621	Emu, ground, raw	117.0	1.0 patty	0
05628	Emu, inside drum, raw	85.0	3.0 oz	14
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	8
05630	Emu, outside drum, raw	85.0	3.0 oz	0
05631	Emu, oyster, raw	85.0	3.0 oz	0
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0
11213	Endive, raw	25.0	0.5 cup, chopped	542
14625	Energy drink, AMP	240.0	1.0 serving	0
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	0
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
14627	Energy Drink, Monster	240.0	1.0 serving	0
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	0
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	0
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0
18264	English muffins, wheat	28.35	1.0 oz	0
18265	English muffins, wheat, toasted	28.35	1.0 oz	1
18266	English muffins, whole-wheat	28.35	1.0 oz	1
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0
21046	Entrees, crab cake	60.0	1.0 cake	313
21047	Entrees, fish fillet, battered or breaded, and fried	91.0	1.0 fillet	35
11984	Epazote, raw	0.8	1.0 tbsp	0
11618	Eppaw, raw	100.0	1.0 cup	0
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	2
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	383
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	598
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	414
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	286
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	428
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	405
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	433
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	289
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	408
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	446
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	378
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	777
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	464
21409	Fast foods, bagel, with ham, egg, and cheese	191.0	1.0 item	672
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	704
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	620
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	350

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	406
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	329
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	426
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	191
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	14
21027	Fast foods, brownie	60.0	1.0 brownie (2" square)	11
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	332
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	190
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	215
21062	Fast foods, burrito, with beans and chili peppers	204.0	2.0 pieces	204
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	668
21065	Fast foods, burrito, with beans, cheese, and chili peppers	336.0	2.0 pieces	1596
21066	Fast foods, burrito, with beef	220.0	2.0 pieces	277
21067	Fast foods, burrito, with beef and chili peppers	201.0	2.0 pieces	462
21068	Fast foods, burrito, with beef, cheese, and chili peppers	304.0	2.0 pieces	973
21069	Fast foods, burrito, with fruit (apple or cherry)	155.0	1.0 burrito, large	849
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	341
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	348
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	560
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	394
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	398
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	381
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	341
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	372
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	500
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	472
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	601
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	505
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	550
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	331
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	123
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	231
21102	Fast foods, chicken fillet sandwich, plain	182.0	1.0 sandwich	100
21103	Fast foods, chicken fillet sandwich, with cheese	228.0	1.0 sandwich	620
21401	Fast foods, chicken tenders	62.0	4.0 pieces	10
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	15

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21035	Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)	148.0	2.0 pieces	222
21036	Fast foods, chicken, breaded and fried, light meat (breast or wing)	163.0	2.0 pieces	192
21042	Fast foods, chili con carne	253.0	1.0 cup (8 fl oz)	1662
21070	Fast foods, chimichanga, with beef	174.0	1.0 chimichanga	146
21071	Fast foods, chimichanga, with beef and cheese	183.0	1.0 chimichanga	540
21072	Fast foods, chimichanga, with beef and red chili peppers	190.0	1.0 chimichanga	262
21073	Fast foods, chimichanga, with beef, cheese, and red chili peppers	180.0	1.0 chimichanga	702
21043	Fast foods, clams, breaded and fried	115.0	0.75 cup	122
21127	Fast foods, coleslaw	191.0	1.0 cup	181
21029	Fast foods, cookies, animal crackers	67.0	1.0 box	27
21030	Fast foods, cookies, chocolate chip	55.0	1.0 box	52
21128	Fast foods, corn on the cob with butter	146.0	1.0 ear	391
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	119
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	930
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	1001
21012	Fast foods, croissant, with egg, cheese, and bacon	129.0	1.0 croissant	472
21013	Fast foods, croissant, with egg, cheese, and ham	152.0	1.0 croissant	451
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1064
21104	Fast foods, egg and cheese sandwich	146.0	1.0 sandwich	669
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	652
21074	Fast foods, enchilada, with cheese	163.0	1.0 enchilada	1161
21075	Fast foods, enchilada, with cheese and beef	192.0	1.0 enchilada	1135
21076	Fast foods, enchirito, with cheese, beef, and beans	193.0	1.0 enchirito	1015
21019	Fast foods, english muffin, with butter	63.0	1.0 muffin	136
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	237
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	437
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	446
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	191
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	135
21024	Fast foods, french toast sticks	65.0	3.0 pieces	3
21023	Fast foods, french toast with butter	135.0	2.0 slices	472
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	199.0	1.0 breast, with skin	129
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	136.0	1.0 breast, without skin	31
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	56
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	15
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh, with skin	116

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh, thigh without skin	34
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	63.0	1.0 wing, with skin	54
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	65.0	1.0 wing, wing with skin	29
21077	Fast foods, frijoles with cheese	167.0	1.0 cup	456
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	404
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	432
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	0
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	363
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	962
21116	Fast foods, ham and cheese sandwich	146.0	1.0 sandwich	320
21117	Fast foods, ham, egg, and cheese sandwich	143.0	1.0 sandwich	562
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	77
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	158
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	102
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	415
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	54
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	312
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	459
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	40
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	55
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	82
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	58
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	206
21129	Fast foods, hush puppies	22.0	1.0 piece	1
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	17
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	537
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	7
21048	Fast foods, oysters, battered or breaded, and fried	139.0	6.0 pieces	363
21131	Fast foods, potato, baked and topped with cheese sauce	296.0	1.0 piece	835
21132	Fast foods, potato, baked and topped with cheese sauce and bacon	299.0	1.0 piece	628
21133	Fast foods, potato, baked and topped with cheese sauce and broccoli	339.0	1.0 piece	1695
21134	Fast foods, potato, baked and topped with cheese sauce and chili	395.0	1.0 piece	766
21135	Fast foods, potato, baked and topped with sour cream and chives	302.0	1.0 piece	1347

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0
21139	Fast foods, potato, mashed	242.0	1.0 cup	448
21026	Fast foods, potatoes, hashed brown	72.0	0.5 cup	0
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	488
21052	Fast foods, salad, vegetable, tossed, without dressing	104.0	0.75 cup	1181
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217.0	1.5 cup	822
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218.0	1.5 cup	935
21055	Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	417.0	1.5 cup	6247
21056	Fast foods, salad, vegetable, tossed, without dressing, with shrimp	236.0	1.5 cup	791
21057	Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese	326.0	1.5 cup	1053
21058	Fast foods, scallops, breaded and fried	144.0	6.0 pieces	138
21059	Fast foods, shrimp, breaded and fried	17.0	1.0 piece shrimp	19
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	333
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	146
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	185
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	264
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	221
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	222
21083	Fast foods, taco salad	198.0	1.5 cup	588
21084	Fast foods, taco salad with chili con carne	261.0	1.5 cup	1574
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	90
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	162
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	197
21085	Fast foods, tostada, with beans and cheese	144.0	1.0 piece	622
21086	Fast foods, tostada, with beans, beef, and cheese	225.0	1.0 piece	1276
21087	Fast foods, tostada, with beef and cheese	163.0	1.0 piece	712
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	116
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	313
04001	Fat, beef tallow	12.8	1.0 tbsp	0
04542	Fat, chicken	12.8	1.0 tbsp	0
04574	Fat, duck	12.8	1.0 tbsp	0
04576	Fat, goose	12.8	1.0 tbsp	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
04575	Fat, turkey	12.8	1.0 tbsp	0
09334	Feijoa, raw	243.0	1.0 cup, pureed	15
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	838

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	94
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	96
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	93
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	94
09095	Figs, dried, stewed	259.0	1.0 cup	10
09094	Figs, dried, uncooked	149.0	1.0 cup	15
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	91
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	828
06963	Fish broth	244.0	1.0 cup	10
04589	Fish oil, cod liver	13.6	1.0 tbsp	13600
04590	Fish oil, herring	13.6	1.0 tbsp	0
04591	Fish oil, menhaden	13.6	1.0 tbsp	0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0
04593	Fish oil, salmon	13.6	1.0 tbsp	0
04594	Fish oil, sardine	13.6	1.0 tbsp	0
43129	Fish sticks, meatless	28.0	1.0 stick	0
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	11
15001	Fish, anchovy, european, raw	85.0	3.0 oz	42
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	79
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	71
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	129
15004	Fish, bass, striped, raw	85.0	3.0 oz	76
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	537
15005	Fish, bluefish, raw	150.0	1.0 fillet	597
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	15
15006	Fish, burbot, raw	116.0	1.0 fillet	17
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	27
15007	Fish, butterfish, raw	32.0	1.0 fillet	32
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	27
15008	Fish, carp, raw	85.0	3.0 oz	26
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	24
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	3
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	72
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	42
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	145

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15013	Fish, cisco, raw	79.0	1.0 fillet	79
15014	Fish, cisco, smoked	28.35	1.0 oz	267
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	40
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	40
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	40
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	34
15192	Fish, cod, Pacific, cooked, dry heat	90.0	1.0 fillet	6
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	7
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	65
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	32
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	66
15022	Fish, cusk, raw	122.0	1.0 fillet	73
15194	Fish, dolphinfish, cooked, dry heat	85.0	3.0 oz	177
15023	Fish, dolphinfish, raw	85.0	3.0 oz	153
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	167
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	144
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	1074
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	2955
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	10
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	47
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	9
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	37
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	140
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	122
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	93
15033	Fish, haddock, raw	85.0	3.0 oz	48
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	23
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	62
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	57
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	51
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	40
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	172
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	38
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1204
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	26
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	167

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	90
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	98
15044	Fish, ling, raw	85.0	3.0 oz	85
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	49
15045	Fish, lingcod, raw	85.0	3.0 oz	42
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	158
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	187
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	123
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	713
15049	Fish, mackerel, king, raw	85.0	3.0 oz	618
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	22
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	53
83110	Fish, mackerel, salted	136.0	1.0 cup, cooked	214
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	159
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	110
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	93
15053	Fish, milkfish, raw	85.0	3.0 oz	85
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	39
15054	Fish, monkfish, raw	85.0	3.0 oz	34
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	131
15055	Fish, mullet, striped, raw	28.35	1.0 oz	35
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	22
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	11
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	15
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	18
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	69
15062	Fish, pike, northern, raw	85.0	3.0 oz	60
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	100
15064	Fish, pike, walleye, raw	85.0	3.0 oz	60
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	31
15066	Fish, pollock, Alaska, raw	77.0	1.0 fillet	8
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	34
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	39
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	106
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	37
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	63

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15059	Fish, pout, ocean, raw	85.0	3.0 oz	34
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	24
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	13
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	86
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	42
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	68
15073	Fish, roughy, orange, raw	85.0	3.0 oz	60
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	287
15074	Fish, sablefish, raw	85.0	3.0 oz	264
15075	Fish, sablefish, smoked	28.35	1.0 oz	116
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	42
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	42
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	37
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	34
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	422
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	385
15077	Fish, salmon, chinook, smoked	136.0	1.0 cup, cooked	118
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	25
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	51
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	52
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	97
15079	Fish, salmon, chum, raw	85.0	3.0 oz	84
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	282
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	160
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	144
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	92
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	115
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	55
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	56
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	48
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	47
15212	Fish, salmon, pink, cooked, dry heat	124.0	0.5 fillet	156
15083	Fish, salmon, pink, raw	85.0	3.0 oz	99
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	156
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	150
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	176

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	55
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	161
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	134
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	52
15090	Fish, scup, raw	85.0	3.0 oz	76
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	215
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	199
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	98
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	85
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	173
15094	Fish, shad, american, raw	85.0	3.0 oz	90
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	153
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	198
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	98
15097	Fish, sheepshead, raw	85.0	3.0 oz	85
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	49
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	42
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	98
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	90
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	58
15103	Fish, spot, raw	64.0	1.0 fillet	64
15105	Fish, sturgeon, mixed species, cooked, dry heat	136.0	1.0 cup, cooked	1190
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	595
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	265
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	243
15107	Fish, sucker, white, raw	85.0	3.0 oz	144
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	21
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	24
15109	Fish, surimi	28.35	1.0 oz	19
15111	Fish, swordfish, cooked, dry heat	106.0	1.0 piece	137
15110	Fish, swordfish, raw	136.0	1.0 piece (4-1/2" x 2-1/8" x 7/8")	163
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	104
15112	Fish, tilefish, raw	85.0	3.0 oz	51
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	39

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	45
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	214
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	221
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	72
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	53
15128	Fish, tuna salad	85.0	3.0 oz	82
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	2142
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	1856
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	44
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	17
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	112
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	66
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	16
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	48
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	51
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	14
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	68
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	17
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	16
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	55
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	34
15129	Fish, turbot, european, raw	85.0	3.0 oz	30
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	111
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	102
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	258
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	92
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	92
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	515
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	319
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	152
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	81
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	1
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	600

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	7
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	7
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Chewy Chocolate Peanut Bar	55.0	1.0 bar	2000
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Double Chocolate Nut Bar	55.0	1.0 bar	2445
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all flavors	55.0	1.0 bar	115
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Honey Nut Oat Bar	55.0	1.0 bar	2448
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	1750
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1750
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	1723
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	1750
06328	FRANCO-AMERICAN Fat Free Slow Roast Chicken Gravy	59.0	0.25 cup	100
06329	FRANCO-AMERICAN Slow Roast Beef Gravy	59.0	0.25 cup	0
06330	FRANCO-AMERICAN Slow Roast Chicken Gravy	59.0	0.25 cup	100
07023	Frankfurter, beef and pork	45.0	1.0 frankfurter	26
42188	Frankfurter, beef and pork, low fat	57.0	1.0 frankfurter	0
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0
07024	Frankfurter, chicken	45.0	1.0 link	0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	52
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	51
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	4
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	52
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0
07939	Frankfurter, pork	76.0	1.0 link	200
07025	Frankfurter, turkey	28.35	1.0 oz	0
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	53
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	143
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	92
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	130

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	2
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	82
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	46
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	130
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0
19872	Frozen novelties, Fat Free FUDGESICLE bars	51.0	1.0 serving 1 pop	2
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	14
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	119
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	96
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	1
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	48
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	103
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	6
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	205
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	36
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	184
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	225
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	10
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	21
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	0
42186	Frozen yogurts, chocolate	174.0	1.0 cup	245
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	13
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	115
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	306
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	153
19294	Fruit butters, apple	17.0	1.0 tbsp	4

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	261
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	287
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	508
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	723
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	503
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	592
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	584
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	7
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	40
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	40
14268	Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	14
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	3
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	9
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	0
14405	Fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	7
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	1650
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	1285
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	1494
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	1081
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	1078
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	326
14652	Fruit-flavored drink, dry powder, low calorie, with high vitamin C	2.5	1.0 serving	500
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	400
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0
17144	Game meat, antelope, raw	28.35	1.0 oz	0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17146	Game meat, bear, raw	28.35	1.0 oz	0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0
17150	Game meat, beaver, raw	28.35	1.0 oz	0
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0
17334	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw	85.0	1.0 serving (3 oz)	0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0
17162	Game meat, caribou, raw	28.35	1.0 oz	0
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
17164	Game meat, deer, raw	28.35	1.0 oz	0
17346	Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled	85.0	1.0 serving (3 oz)	0
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0
17166	Game meat, elk, raw	28.35	1.0 oz	0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0
17170	Game meat, horse, raw	28.35	1.0 oz	0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0
17172	Game meat, moose, raw	28.35	1.0 oz	0
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0
17174	Game meat, muskrat, raw	28.35	1.0 oz	0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0
17183	Game meat, squirrel, raw	28.35	1.0 oz	0
16570	GARDENBURGER, Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0
16579	GARDENBURGER, Original, frozen, unprepared	71.0	1.0 patty	0
16584	GARDENBURGER, Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0
16585	GARDENBURGER, Sun-Dried Tomato Basil Burger	71.0	1.0 patty	466
16586	GARDENBURGER, Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0
18963	Garlic bread, frozen	43.0	1.0 slice presliced	19
11215	Garlic, raw	136.0	1.0 cup	12
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	0
11216	Ginger root, raw	2.0	1.0 tsp	0
17168	Goat, raw	28.35	1.0 oz	0
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	98

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	47
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	57
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	34
05150	Goose, liver, raw	94.0	1.0 liver	29138
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	348
09107	Gooseberries, raw	150.0	1.0 cup	435
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	463
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	463
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	390
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	9
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	7
14277	Grape drink, canned	31.3	1.0 fl oz	0
14282	Grape juice drink, canned	31.3	1.0 fl oz	1
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	20
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	20
11975	Grape leaves, canned	4.0	1.0 leaf	210
11974	Grape leaves, raw	14.0	1.0 cup	3853
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	1087
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	18
09123	Grapefruit juice, white, canned, unsweetened	247.0	1.0 cup	17
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	22
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	64
09128	Grapefruit juice, white, raw	247.0	1.0 cup	25
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	2132
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	2645
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	596
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	596
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	76
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	23
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	23
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	92

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	164
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	110
09129	Grapes, muscadine, raw	6.0	1.0 grape	4
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	100
06114	Gravy, au jus, canned	59.0	0.25 cup	0
06115	Gravy, au jus, dry	3.0	1.0 tsp	0
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	7
06957	Gravy, brown instant, dry	6.7	1.0 serving	0
06118	Gravy, brown, dry	6.0	1.0 tbsp	2
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	7
06120	Gravy, chicken, dry	8.0	1.0 tbsp	25
06958	Gravy, instant beef, dry	6.7	1.0 serving	1
06959	Gravy, instant turkey, dry	6.7	1.0 serving	4
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0
06121	Gravy, mushroom, canned	238.0	1.0 cup	0
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0
06124	Gravy, pork, dry, powder	6.7	1.0 serving	8
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0
06126	Gravy, turkey, dry	7.0	1.0 serving	2
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	99
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	82
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	86
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	86
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	89
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	21
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	26
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	21
05662	Ground Turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	21
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	1008
09434	Guanabana nectar, canned	251.0	1.0 cup	0
09435	Guava nectar, canned	251.0	1.0 cup	88
09143	Guava sauce, cooked	238.0	1.0 cup	674
09139	Guavas, common, raw	165.0	1.0 cup	1030
09140	Guavas, strawberry, raw	244.0	1.0 cup	220

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	78
05152	Guinea hen, meat only, raw	85.0	3.0 oz	35
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
07033	Ham and cheese spread	15.0	1.0 tbsp	46
07031	Ham salad spread	15.0	1.0 tbsp	0
07026	Ham, chopped, canned	28.35	1.0 oz	0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0
07030	Ham, minced	28.35	1.0 oz	0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	5001
06029	HEALTHY REQUEST, Chicken with Rice, condensed	126.0	0.5 cup	750
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	200
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	953
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	401
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	2500
11961	Hearts of palm, canned	146.0	1.0 cup	0
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	44
14649	Hibiscus tea	237.0	8.0 fl oz	702
20030	Hominy, canned, white	165.0	1.0 cup	2
20330	Hominy, canned, yellow	160.0	1.0 cup	176
19296	Honey	339.0	1.0 cup	0
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	0
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	0
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	0
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	15
07277	HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added	56.0	1.0 serving 2 oz	0
07276	HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned	56.0	1.0 serving 2 oz	0
07279	HORMEL WRANGLER Beef Franks	56.0	1.0 frankfurter	7

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	0
09451	Horned melon (Kiwano)	233.0	1.0 cup	343
02055	Horseradish, prepared	5.0	1.0 tsp	0
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	337
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	307
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	19
16158	Hummus, commercial	15.0	1.0 tbsp	4
16137	Hummus, home prepared	15.0	1.0 tablespoon	1
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	53
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	124
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	124
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	691
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	100
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	100
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0
01239	Ice cream cookie sandwich	82.0	1.0 serving	100
01238	Ice cream sandwich	70.0	1.0 serving	200
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	225
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	300
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	62
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	1001
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	507
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	173
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	182
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	303
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	333
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	275
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	297
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	284
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	191

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	189
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	235
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	201
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	199
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	189
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	241
19114	Ice creams, chocolate, light	68.0	1.0 serving	289
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	190
43541	Ice creams, chocolate, rich	148.0	1.0 cup	1055
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	507
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	243
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	242
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	186
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	278
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	468
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	340
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	205
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	91
19089	Ice creams, vanilla, rich	107.0	0.5 cup	699
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	478
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	525
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	133
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	96
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	120
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	134
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	60
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	60
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	60
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	60
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	148

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	60
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	149
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	304
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	119
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	134
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	60
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	119
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	134
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	60
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	120
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	137
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	61
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	297
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	723
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	134
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	63
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	117
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	475
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)	30.8	1.0 fl oz	302
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	120
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	134
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	60
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	140
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	60

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	143
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	60
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	143
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	60
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	146
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	60
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	59
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	205
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	133
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	217
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	59
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	149
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	144
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	302
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	60
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	135
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	134
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	133
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	118
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	59
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	133
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	123
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	132
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	206
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	206
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	123
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	132
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	129
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	59
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	60
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	135
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	141

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	118
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	207
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	118
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	143
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	208
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	253
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	253
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	252
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	248
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	124
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	133
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	124
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	133
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	61
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	149
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	61
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	125
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	118
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	132
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	130
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	59
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	132
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	398
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	200
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	167
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	258
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	206
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	116
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	206
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	59
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	100
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	111

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	50
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	120
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	128
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	51
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	141
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	116
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	56
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	63
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	61
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	120
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	134
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	61
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	123
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	132
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	60
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	123
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	137
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	75
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	4
09144	Jackfruit, raw	165.0	1.0 cup, sliced	182
19297	Jams and preserves	20.0	1.0 tbsp	0
19719	Jams and preserves, apricot	20.0	1.0 tbsp	41
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	0
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	4
19300	Jellies	21.0	1.0 serving 1 tbsp	1
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	1
43497	Jellyfish, dried, salted	58.0	1.0 cup	4
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	30
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	10
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	2
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	4511
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	4511

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11231	Jute, potherb, raw	28.0	1.0 cup	1557
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	17707
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	17707
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	19115
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	19115
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	5878
11233	Kale, raw	67.0	1.0 cup, chopped	6693
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2592
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2592
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	2077
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0
21502	KASHI Pizza, Basil Pesto	113.0	0.33 pieces	636
21501	KASHI Pizza, Margherita	113.0	0.33 pizza	626
21503	KASHI Pizza, Mediterranean	120.0	0.33 pizza	1652
21500	KASHI Pizza, Mushroom Trio & Spinach	113.0	0.33 pizza	958
21499	KASHI Pizza, Roasted Vegetable	116.0	0.33 pizza	1494
22979	KASHI, Black Bean Mango, Frozen Entree	283.0	1.0 package	7500
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	4
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	2887
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	501
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	750
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	750
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	1896
22986	KASHI, Mayan Harvest Bake, Frozen Entree	283.0	1.0 package	6017
18980	KASHI, Original Waffle	72.0	2.0 pieces	4
22987	KASHI, Pesto Pasta Primavera, Frozen Entree	283.0	1.0 package	996
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	300
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	300
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	52
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	100
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	12
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	154
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	1950
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	555
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	500
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	750

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	123
18507	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	449
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	1000
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	1000
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	70
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	1000
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	1000
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	1000
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	1000
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	1000
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	1000
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	1000
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	500
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	500
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	1000
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	1000
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	1000
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	1000
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	1000
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	1000
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	1000
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	1000
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	1000
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	1000
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	1000
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	1000
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	1000
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	1500
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	1000
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	1065
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	1000
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	1000
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	500
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	500
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	342
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	500

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	604
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	500
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	500
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	591
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	660
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	500
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	500
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	500
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	500
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	500
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	500
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	616
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	500
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	500
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	480
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	500
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	500
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	500
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	500
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	500
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	1000
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	129
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	2351
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	1000
21420	KENTUCKY FRIED CHICKEN, Coleslaw	112.0	1.0 package	4
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	27
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	118
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	32
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	75.0	1.0 link	0
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	134
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	157
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	58
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	58
11241	Kohlrabi, raw	135.0	1.0 cup	49

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	217
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	326
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	220
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	214
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	455
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	275
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	310
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	30
09149	Kumquats, raw	19.0	1.0 fruit without refuse	55
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0
17224	Lamb, ground, raw	28.35	1.0 oz	0
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0
17255	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0
17254	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0
17069	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17068	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw	28.35	1.0 oz	0
17257	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
17256	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
17071	Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised	138.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
17070	Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw	28.35	1.0 oz	0
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17072	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw	28.35	1.0 oz	0
17259	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
17258	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0
17074	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw	28.35	1.0 oz	0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
17076	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw	28.35	1.0 oz	0
17261	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0
17260	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0
17078	Lamb, New Zealand, imported, frozen, loin, separable lean only, raw	28.35	1.0 oz	0
17081	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17080	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw	28.35	1.0 oz	0
17263	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
17083	Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0
17082	Lamb, New Zealand, imported, frozen, rib, separable lean only, raw	28.35	1.0 oz	0
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
17084	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
17265	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
17264	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0
17086	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	387
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	90
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	21203
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	22098
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	6978
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	90
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	25
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11794	Lambs quarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	14069
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	14069
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	18
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	2523
04002	Lard	12.8	1.0 tbsp	0
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	628
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	538
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	623
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	472
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1469
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	328
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	22
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1007
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1007
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	1484
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	1
11972	Lemon grass (citronella), raw	67.0	1.0 cup	4
09153	Lemon juice, canned or bottled	244.0	1.0 cup	37
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	32
09152	Lemon juice, raw	244.0	1.0 cup	15
09156	Lemon peel, raw	6.0	1.0 tbsp	3
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0
14289	Lemonade, low calorie, with non-nutritive sweetener, powder	1.9	1.0 serving	0
14290	Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water	29.8	1.0 fl oz	0
14287	Lemonade, powder	18.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	0
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	47
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	16
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	16
16144	Lentils, pink, raw	192.0	1.0 cup	111
16069	Lentils, raw	192.0	1.0 cup	75
11248	Lentils, sprouted, raw	77.0	1.0 cup	35
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	1822
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	4094
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	2666
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	361
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	2098
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	313
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	386
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	372
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	629
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	515
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	301
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	301
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	310
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	323
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	323
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	357
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	326
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	39
09160	Lime juice, raw	242.0	1.0 cup	121
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09159	Limes, raw	67.0	1.0 fruit (2" dia)	34
09165	Litchis, dried	2.5	1.0 fruit	0
09164	Litchis, raw	190.0	1.0 cup	0
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	341
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	260
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	320
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	243
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	298
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	328
07040	Liver cheese, pork	28.35	1.0 oz	4958
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	4980
07911	Liverwurst spread	55.0	0.25 cup	7500
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	51
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	0
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0
09173	Longans, dried	1.7	1.0 fruit	0
09174	Loquats, raw	149.0	1.0 cup, cubed	2277
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0
07251	LOUIS RICH, Chicken (white, oven roasted)	28.0	1.0 serving	0
07250	LOUIS RICH, Chicken Breast (oven roasted deluxe)	28.0	1.0 serving	0
07249	LOUIS RICH, Chicken Breast Classic Baked /Grill (carving board)	45.0	1.0 serving	0
07252	LOUIS RICH, Franks (turkey and chicken cheese)	45.0	1.0 serving	0
07253	LOUIS RICH, Franks (turkey and chicken)	45.0	1.0 serving	0
07258	LOUIS RICH, Turkey (honey roasted, fat free)	56.0	1.0 serving	0
07254	LOUIS RICH, Turkey Bacon	14.0	1.0 serving	0
07255	LOUIS RICH, Turkey Bologna	28.0	1.0 serving	0
07259	LOUIS RICH, Turkey Breast (oven roasted, fat free)	28.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07260	LOUIS RICH, Turkey Breast (oven roasted, portion fat free)	56.0	1.0 serving	0
07261	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	45.0	1.0 serving	0
07262	LOUIS RICH, Turkey Breast (smoked, portion fat free)	56.0	1.0 serving	0
07256	LOUIS RICH, Turkey Breast and White Turkey (oven roasted)	28.0	1.0 serving	0
07257	LOUIS RICH, Turkey Breast and White Turkey (smoked sliced)	28.0	1.0 serving	0
07264	LOUIS RICH, Turkey Ham (10% water added)	28.0	1.0 serving	0
07265	LOUIS RICH, Turkey Nuggets/Sticks (breaded)	28.0	1.0 piece	0
07266	LOUIS RICH, Turkey Salami	28.0	1.0 serving	0
07268	LOUIS RICH, Turkey Smoked Sausage	56.0	1.0 serving	0
07042	Luncheon meat, beef, loaved	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
07043	Luncheon meat, beef, thin sliced	9.3	1.0 slice oval	0
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	12
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	46
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	136
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	10
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	159
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	249
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	100
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	205
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	0
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	0
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	0
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	0
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	115.0	1.0 cup small shells	0
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	115.0	1.0 cup small shells	0
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	93.0	1.0 cup small shells	0
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	123
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	134
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	4
20107	Macaroni, whole-wheat, dry	105.0	1.0 cup elbow shaped	0
11986	Malabar spinach, cooked	44.0	1.0 cup	510
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	1
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	25
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	252
14315	Malted drink mix, chocolate, with added nutrients, powder	78.0	1.0 cup	390
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	3177
14311	Malted drink mix, natural, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	47
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	310
14309	Malted drink mix, natural, with added nutrients, powder	21.0	1.0 serving (4 tbsp or 1 envelope)	105
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	2496
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	1946
09436	Mango nectar, canned	251.0	1.0 cup	1737
09176	Mangos, raw	165.0	1.0 cup pieces	1785
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	69
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	2
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	600
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	500
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	500
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	500
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	500
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	501
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	508
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	501
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	507
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	501
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	508
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	168
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	501
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	501
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	639

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04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	723
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	757
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	535
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	808
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	628
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	501
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	501
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	504
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	537
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	458
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	511
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	501
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	511
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	501
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	501
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	500
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	501
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	644
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	536
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	483
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	501
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	644
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	500
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	500
19303	Marmalade, orange	20.0	1.0 tbsp	12
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	3
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	6
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	10
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	7927
21342	McDONALD'S, Apple Dippers	68.0	1.0 package	5
21366	McDONALD'S, Apple Dippers with Low Fat Caramel Sauce	89.0	1.0 item	36
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	567

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	6137
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	6447
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	516
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	66
21351	McDONALD'S, BIG 'N TASTY	232.0	1.0 item	371
21352	McDONALD'S, BIG 'N TASTY (without mayonnaise)	218.0	1.0 item	364
21353	McDONALD'S, BIG 'N TASTY with Cheese	247.0	1.0 item	608
21354	McDONALD'S, BIG 'N TASTY with Cheese (without mayonnaise)	233.0	1.0 item	601
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	629
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	412
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	372
21460	McDONALD'S, Biscuit, large size	90.0	1.0 item 3.2 oz	18
21317	McDONALD'S, Biscuit, regular size	76.0	1.0 item 2.7 oz	15
21371	McDONALD'S, Caesar Salad with Crispy Chicken	309.0	1.0 item 10.9 oz	7917
21370	McDONALD'S, Caesar Salad with Grilled Chicken	296.0	1.0 item 10.4 oz	6139
21372	McDONALD'S, Caesar Salad without chicken	213.0	1.0 item 7.5 oz	6441
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	289
21308	McDONALD'S, Chicken SELECTS Premium Breast Strips	124.0	3.0 pieces 4.4 oz	25
21331	McDONALD'S, Chocolate TRIPLE THICK Shake	267.0	12.0 fl oz cup child size	806
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	1084
21318	McDONALD'S, Deluxe Warm Cinnamon Roll	162.0	5.7 oz	907
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	560
21408	McDONALD'S, English Muffin	57.0	1.0 item 2 oz	129
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	115
21238	McDONALD'S, French Fries	71.0	1.0 small serving	0
21369	McDONALD'S, Fruit & Walnut Salad	264.0	1.0 item	84
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	88
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	88
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	52
21319	McDONALD'S, Hash Brown	56.0	2.0 oz	0
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item 6.42 oz	559
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item 6.314 oz	483
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	85
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	533

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21364	McDONALD'S, Hotcakes and Sausage	264.0	1.0 item	533
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	31
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	76
21325	McDONALD'S, McDONALDLAND Chocolate Chip Cookies	56.0	2.0 oz	241
21326	McDONALD'S, McDONALDLAND Cookies	57.0	2.0 oz	0
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	12.0 fl oz cup regular	1086
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	12.0 fl oz cup regular	1089
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	58
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	84
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	52
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	38
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	759
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	881
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	734
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	678
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	792
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	636
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	96
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	557
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	30
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	349
21340	McDONALD'S, Sausage Burrito	113.0	1.0 item 3.993 oz	382
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item 4.744 oz	0
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	299
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	553
21323	McDONALD'S, Sausage Patty	43.0	1.5 oz	0
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	525
21320	McDONALD'S, Scrambled Eggs	102.0	2.0 eggs 3.6 oz	618
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	2480
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	442
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item 6.279 oz	482
21332	McDONALD'S, Strawberry TRIPLE THICK Shake	265.0	12.0 fl oz cup child size	806
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	47
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item 3.175 oz	289
21330	McDONALD'S, Vanilla TRIPLE THICK Shake	266.0	12.0 fl oz cup child size	809

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21322	McDONALD'S, Warm Cinnamon Roll	105.0	3.7 oz	441
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
16106	Meat extender	88.0	1.0 cup	28
43132	Meatballs, meatless	144.0	1.0 cup	0
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	3069
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	5986
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	85
08510	Milk and cereal bar	25.0	1.0 bar	157
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	288
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	41
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	19
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	26
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0
01094	Milk, buttermilk, dried	120.0	1.0 cup	210
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	115
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	142
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	404
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	102
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	126
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	125
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	73
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	602
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	440
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	490
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	568
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	568
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	245
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	2
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1608
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	10
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	120.0	1.0 cup	2615
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	120.0	1.0 cup	26
01090	Milk, dry, whole, with added vitamin D	128.0	1.0 cup	1196
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1196
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	17

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	17
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	115
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	1131
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	60
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	65
43543	Milk, imitation, non-soy	244.0	1.0 cup	495
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	434
01089	Milk, low sodium, fluid	244.0	1.0 cup	256
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	499
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	500
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	478
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	499
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	524
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	500
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	37
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	337
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	12
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	500
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	184
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	464
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	251
01109	Milk, sheep, fluid	245.0	1.0 cup	360
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	395
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	395
20032	Millet, cooked	174.0	1.0 cup	5
43483	Millet, puffed	21.0	1.0 cup	0
20031	Millet, raw	200.0	1.0 cup	0
16112	Miso	17.0	1.0 tbsp	15
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	5145
19304	Molasses	337.0	1.0 cup	0
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	4
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	6
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	422
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	26
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	257
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	484

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	255
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	29
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	574
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	319
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	258
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	240
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	255
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	128
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	255
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	257
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	54
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	21
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	49
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	75
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	37
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	122
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	135
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	4
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	23
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	56
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	1
90560	Mollusks, snail, raw	85.0	3.0 oz	85
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	30
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	9
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	138
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	74
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 patty	1283
16598	MORNINGSTAR FARMS Bacon, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 biscuit	213
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 piece with sauce	4
16538	MORNINGSTAR FARMS Breakfast Pattie made with Organic Soy, frozen, unprepared	38.0	1.0 patty	0
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 patty	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	0
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 patty	253
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 piece	18
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	18
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	7
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	34
16560	MORNINGSTAR FARMS Corn Dogs, frozen, unprepared	71.0	1.0 corn dog	0
16597	MORNINGSTAR FARMS Entree Chili, frozen, unprepared	254.0	1.0 cup	0
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	250
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	55.0	0.67 cup	0
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 patty	0
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 patty	0
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 patty	1
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	65
16558	MORNINGSTAR FARMS Italian Herb Chik Patties, frozen, unprepared	71.0	1.0 patty	33
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 serving	1000
16587	MORNINGSTAR FARMS Maple Flavored Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	5
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 pieces	54
16555	MORNINGSTAR FARMS MeatFree Buffalo Wings, frozen, unprepared	85.0	5.0 wing	110
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 piece	0
16561	MORNINGSTAR FARMS Mini Corn Dogs, frozen, unprepared	76.0	4.0 pieces	0
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 piece	0
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	1.0 cup	67
16603	MORNINGSTAR FARMS Sausage, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 biscuit	205
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 patty	285
16542	MORNINGSTAR FARMS Veggie Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0
16589	MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared	64.0	1.0 link	11
16595	MORNINGSTAR FARMS Veggie Sweet and Sour Chik'n, frozen, unprepared	284.0	1.0 entrée	1250
07050	Mortadella, beef, pork	28.35	1.0 oz	0
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	18
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	18
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	63
07061	Mother's loaf, pork	28.35	1.0 oz	0
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	28
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	21
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	8
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	40
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	90
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	92
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	59
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	60
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	68
18281	Muffins, corn, toaster-type	28.35	1.0 oz	27
18283	Muffins, oat bran	28.35	1.0 oz	0
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	40
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0
18286	Muffins, wheat bran, toaster-type with raisins	28.35	1.0 oz	50
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	54
09190	Mulberries, raw	140.0	1.0 cup	35
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	48
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	48
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	236
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	16
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	16
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	38
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	22
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	56
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	56
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	48
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0
11240	Mushrooms, morel, raw	66.0	1.0 cup	0
11987	Mushrooms, oyster, raw	148.0	1.0 large	71
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	14752
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	17318
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	10614
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	10614
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	7526
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1693
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	14760
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	14760
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	14850
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	4
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	83
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	682
16113	Natto	175.0	1.0 cup	0
09191	Nectarines, raw	143.0	1.0 cup slices	475
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	6520
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	6520
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	2464
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	34
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	34
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	34
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	34

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	24
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	24
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	165
20111	Noodles, egg, spinach, dry, enriched	38.0	1.0 cup	120
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0
11964	Nopales, cooked, without salt	149.0	1.0 cup	660
11963	Nopales, raw	86.0	1.0 cup, sliced	393
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	1248
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	14
12059	Nuts, acorns, dried	28.35	1.0 oz	0
12058	Nuts, acorns, raw	28.35	1.0 oz	11
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0
12071	Nuts, almond paste	28.35	1.0 oz	0
12061	Nuts, almonds	143.0	1.0 cup, whole	3
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	10
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	2
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	0
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	2
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0
12084	Nuts, butternuts, dried	120.0	1.0 cup	149
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	39
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	93
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	57
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	1
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	5
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	7
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	41
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	34
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	4
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	133
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	10
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	21
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	522
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	309
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	158
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	23
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	11
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	17
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	157

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	7
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	137.0	1.0 cup	21
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	1
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	4
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	4
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	8
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	12
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	29
12142	Nuts, pecans	109.0	1.0 cup, chopped	61
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	40
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	40
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	114
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	114
12145	Nuts, pilinuts, dried	120.0	1.0 cup	49
12147	Nuts, pine nuts, dried	135.0	1.0 cup	39
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	8
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	319
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	319
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	510
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	50
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	23
12156	Nuts, walnuts, glazed	28.0	1.0 oz	0
20034	Oat bran, cooked	219.0	1.0 cup	0
20033	Oat bran, raw	94.0	1.0 cup	0
20132	Oat flour, partially debranned	104.0	1.0 cup	0
20038	Oats	156.0	1.0 cup	0
09192	Oheloberries, raw	140.0	1.0 cup	1162
04529	Oil, almond	13.6	1.0 tablespoon	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
04581	Oil, avocado	14.0	1.0 tbsp	0
04534	Oil, babassu	13.6	1.0 tbsp	0
04582	Oil, canola	14.0	1.0 tbsp	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04047	Oil, coconut	13.6	1.0 tbsp	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
04583	Oil, mustard	14.0	1.0 tbsp	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04588	Oil, oat	13.6	1.0 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
04055	Oil, palm	13.6	1.0 tbsp	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0
04528	Oil, walnut	13.6	1.0 tbsp	0
04038	Oil, wheat germ	13.6	1.0 tablespoon	0
16130	Okara	122.0	1.0 cup	0
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	226
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	226
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	281
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	281
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	332
11278	Okra, raw	100.0	1.0 cup	716
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	56
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	11
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	52
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	34

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11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0
11285	Onions, canned, solids and liquids	63.0	1.0 onion	1
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	4
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	4
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	1
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	33
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	4
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	4
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	2
11282	Onions, raw	160.0	1.0 cup, chopped	3
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	997
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1
11292	Onions, young green, tops only	6.0	1.0 tbsp	240
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	57
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	132
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	8
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	2
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	2
42270	Orange juice drink	249.0	1.0 cup	110
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	436
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	105
09211	Orange juice, chilled, includes from concentrate, fortified with calcium	249.0	1.0 cup	105
09210	Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D	249.0	1.0 cup	105
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	266
09214	Orange juice, frozen concentrate, unsweetened, undiluted	284.0	1.0 cup	1076
09206	Orange juice, raw	248.0	1.0 cup	496
09216	Orange peel, raw	6.0	1.0 tbsp	25
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	42
14409	Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	500
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	520
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	87
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	0
14425	Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09217	Orange-grapefruit juice, canned, unsweetened	247.0	1.0 cup	294
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	405
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	414
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	416
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	408
09205	Oranges, raw, with peel	170.0	1.0 cup	425
07202	OSCAR MAYER, Bologna (beef light)	28.0	1.0 serving (1 slice)	0
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0
07200	OSCAR MAYER, Bologna (chicken, pork, beef)	28.0	1.0 serving	0
07203	OSCAR MAYER, Bologna (fat free)	28.0	1.0 serving	0
07205	OSCAR MAYER, Bologna Light (pork, chicken, beef)	28.0	1.0 serving (1 slice)	0
07208	OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)	56.0	1.0 serving	9335
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	28.0	1.0 serving (1 slice)	4404
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0
07210	OSCAR MAYER, Chicken Breast (oven roasted, fat free)	52.0	1.0 serving	0
07217	OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)	47.0	1.0 serving	0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0
07213	OSCAR MAYER, Ham (water added, baked cooked 96% fat free)	63.0	1.0 serving (3 slices)	0
07214	OSCAR MAYER, Ham (water added, boiled)	63.0	1.0 serving	0
07215	OSCAR MAYER, Ham (water added, honey)	63.0	1.0 serving	0
07216	OSCAR MAYER, Ham (water added, smoked, cooked)	63.0	1.0 serving	0
07211	OSCAR MAYER, Ham and Cheese Loaf	28.0	1.0 serving	0
07218	OSCAR MAYER, Head Cheese	28.0	1.0 serving	28
07220	OSCAR MAYER, Liver Cheese, pork fat wrapped	38.0	1.0 slice	9036
07221	OSCAR MAYER, Luncheon Loaf (spiced)	28.0	1.0 serving	0
07222	OSCAR MAYER, Old Fashioned Loaf	28.0	1.0 serving	0
07223	OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	28.0	1.0 serving	0
07224	OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	28.0	1.0 serving	0
07225	OSCAR MAYER, Pork Sausage Links (cooked)	48.0	1.0 serving 2 links	0
07228	OSCAR MAYER, Salami (for beer)	46.0	1.0 serving 2 slices	0
07229	OSCAR MAYER, Salami (Genoa)	27.0	1.0 serving 3 slices	0
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	12
07227	OSCAR MAYER, Salami Cotto (beef, pork, chicken)	46.0	1.0 serving 2 slices	0
07231	OSCAR MAYER, Sandwich Spread (pork, chicken, beef)	30.0	1.0 serving	30
07232	OSCAR MAYER, Smokie Links Sausage	43.0	1.0 serving	0
07233	OSCAR MAYER, Smokies (beef)	43.0	1.0 serving (1 link)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07234	OSCAR MAYER, Smokies (cheese)	43.0	1.0 serving	69
07235	OSCAR MAYER, Smokies Sausage Little (pork, turkey)	9.0	1.0 link	0
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0
07239	OSCAR MAYER, Turkey Breast (smoked, fat free)	52.0	1.0 serving 4 slices	0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0
07242	OSCAR MAYER, Wieners (beef franks, bun length)	57.0	1.0 serving (1 link)	0
07243	OSCAR MAYER, Wieners (beef franks, fat free)	50.0	1.0 serving	0
07244	OSCAR MAYER, Wieners (beef franks, light)	57.0	1.0 serving	0
07245	OSCAR MAYER, Wieners (cheese hot dogs with turkey)	45.0	1.0 serving	0
07246	OSCAR MAYER, Wieners (fat free hot dogs)	50.0	1.0 serving	0
07247	OSCAR MAYER, Wieners (light pork, turkey, beef)	57.0	1.0 serving	0
07240	OSCAR MAYER, Wieners (pork, turkey)	45.0	1.0 serving (1 link)	0
07248	OSCAR MAYER, Wieners Little (pork, turkey)	9.0	1.0 piece	0
07206	OSCAR MAYER. Bologna (Wisconsin made ring)	56.0	1.0 serving	0
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0
05641	Ostrich, ground, raw	109.0	1.0 patty	0
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	750
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	200
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	100

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	497
06599	PACE, Enchilada Sauce	60.0	0.25 cup	400
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	100
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	200
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	200
06603	PACE, Picante Sauce	32.0	1.0 serving	100
27027	PACE, Pico De Gallo	32.0	1.0 serving	100
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	100
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	100
27028	PACE, Salsa Verde	32.0	1.0 serving	200
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	100
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	200
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	100
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	100
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	200
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	428
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	56
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	30
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	9
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	71
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	204
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	56
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	25
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	36
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	9
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	64
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	345
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	339
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	362
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	263
09229	Papaya nectar, canned	250.0	1.0 cup	902
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2
09226	Papayas, raw	145.0	1.0 cup 1" pieces	1378
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	8

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11625	Parsley, freeze-dried	0.4	1.0 tbsp	253
11297	Parsley, fresh	60.0	1.0 cup chopped	5054
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	1771
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	2329
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	3002
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	1
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	456
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	147
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	199
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	499
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	1754
20092	Pasta, corn, cooked	140.0	1.0 cup	80
20091	Pasta, corn, dry	105.0	1.0 cup	178
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	60
20094	Pasta, fresh-refrigerated, plain, cooked	57.0	2.0 oz	11
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	308
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	59
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	33
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0
07052	Pastrami, turkey	57.0	2.0 slices	7
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	433
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	94
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	433
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	429
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	8400
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	642
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	642
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	343
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	667
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	870
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1390
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	952

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	889
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1298
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	958
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	1644
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	486
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	508
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	3461
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	710
09236	Peaches, raw	154.0	1.0 cup slices	502
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	767
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	1250
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	1250
16099	Peanut flour, defatted	60.0	1.0 cup	0
16100	Peanut flour, low fat	60.0	1.0 cup	0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0
16087	Peanuts, all types, raw	146.0	1.0 cup	0
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0
16091	Peanuts, spanish, raw	146.0	1.0 cup	0
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0
16093	Peanuts, valencia, raw	146.0	1.0 cup	0
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	2
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	16
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	15
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	112
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	107
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	5
09252	Pears, raw	140.0	1.0 cup, slices	35
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	39
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	27
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	35
09413	Pears, raw, red anjou	126.0	1.0 small	30
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	17478
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	14714
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	7611
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	26449
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	6648
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	193
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1892
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1892
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	375
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	1648
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	1648
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	2098
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	2098
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	202
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	1065
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	1514
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	453
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	1791

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	1896
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	983
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	1282
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	1282
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1680
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	1680
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	2758
11304	Peas, green, raw	145.0	1.0 cup	1109
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	199
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	14
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	14
16085	Peas, split, mature seeds, raw	197.0	1.0 cup	294
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	2
11230	Pepeao, dried	24.0	1.0 cup	0
11976	Pepper, banana, raw	124.0	1.0 cup	422
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0
02064	Peppermint, fresh	0.1	2.0 leaves	4
07057	Pepperoni, pork, beef	2.0	1.0 slice round	0
11978	Peppers, ancho, dried	17.0	1.0 pepper	3474
11980	Peppers, chili, green, canned	139.0	1.0 cup	175
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	9801
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	526
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	531
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	8681
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	428
11981	Peppers, hungarian, raw	27.0	1.0 pepper	220
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	2312
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	970
11982	Peppers, pasilla, dried	7.0	1.0 pepper	2503
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	984
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	217
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	54
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	632
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	23
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	392
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	349

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	551
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	314
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	728
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	353
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	3970
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	309
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	2588
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	2588
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	2307
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	4665
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	2926
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	372
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	261
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	2733
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	125
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	266
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	193
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	150
05154	Pheasant, raw, meat only	85.0	3.0 oz	140
18338	Phyllo dough	28.35	1.0 oz	0
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	99
11958	Pickle relish, hamburger	15.0	1.0 tbsp	40
11944	Pickle relish, hot dog	15.0	1.0 tbsp	25
11945	Pickle relish, sweet	15.0	1.0 tbsp	183
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	220
11937	Pickles, cucumber, dill or kosher dill	143.0	1.0 cup, chopped or diced	262
11947	Pickles, cucumber, dill, low sodium	65.0	1.0 medium	175
11941	Pickles, cucumber, sour	155.0	1.0 cup	296
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	273
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	1222
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	67
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0
18398	Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled	28.0	1.0 piece (1/8 of 9" crust)	258
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	30.0	1.0 piece (1/8 of 9" crust)	248

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	250
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	1512
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0
19312	Pie fillings, apple, canned	74.0	0.125 can	18
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	33
19314	Pie fillings, canned, cherry	74.0	0.125 can	152
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	177
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	35
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	35
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	16
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	116
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	67
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	40
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	12
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	76
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	116
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	199
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	117
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	115
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	26
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	31
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	107
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	66
18444	Pie, fried pies, cherry	28.35	1.0 oz	49
18319	Pie, fried pies, fruit	28.35	1.0 oz	8
18445	Pie, fried pies, lemon	28.35	1.0 oz	9
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	49
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	45
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	6
18323	Pie, peach	28.35	1.0 oz	30

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	50
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	101
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	974
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	2274
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	87
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	5
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	5
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	57
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	76
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	76
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	103
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	1
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	0
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	0
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	7
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	0
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	0
11943	Pimento, canned	12.0	1.0 tbsp	319
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	1
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	6
09409	Pineapple juice, canned, unsweetened, with added ascorbic acid	250.0	1.0 cup	12
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250.0	1.0 cup	12
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	25
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	108
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	36
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	36
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	90
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	95
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	96
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	93
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	74
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	96
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	94
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	86
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	2595
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	418

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	260
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	258
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	196
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	164
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	174
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	598
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	192
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	499
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	277
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	499
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	258
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	485
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	604
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	146.0	1.0 serving	0
09278	Plantains, cooked	200.0	1.0 cup, mashed	1818
09446	Plantains, green, fried	118.0	1.0 cup	1407
09277	Plantains, raw	148.0	1.0 cup, sliced	1668
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	2227
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	730
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	663
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	668
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	2543
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	582
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	2276
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	707
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	848
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	1359
09279	Plums, raw	165.0	1.0 cup, sliced	569
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	5577
11349	Poi	240.0	1.0 cup	158
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	14355
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	14355
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	13920
07059	Polish sausage, pork	85.0	3.0 oz	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	42
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	14
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	9
21416	POPEYES, Coleslaw	120.0	1.0 package	222
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	58
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	25
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	23
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	16
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	1.0 oz	79
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	78
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	23
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	31
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	3
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	3
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	4
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	10
10129	Pork, cured, breakfast strips, cooked	85.0	3.0 oz	0
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0
10131	Pork, cured, canadian-style bacon, grilled	139.0	1.0 package (6 oz) yields	0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	10
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	31
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	9
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	25
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	9
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	25
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	33
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	9
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	32
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	24

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	37
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	12
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	37
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	36
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	10
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	32
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	9
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	10
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	27
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	32
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	9
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	32
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	26
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	60
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	61
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	37
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	13
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	37
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	38
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	10
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	29
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	10
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	28
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	33
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	38
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	33

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	62
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	11
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	11
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	62
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	37
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	12
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	37
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	12
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	4
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	5
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	36
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	51
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	4
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	3

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	4
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	4
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	17
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	19
10005	Pork, fresh, belly, raw	28.35	1.0 oz	3
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	17
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	2
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	2
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	3
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	1
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	6
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	2
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	6
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	2
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	6
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	2
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	0
10942	Pork, fresh, enhanced, composite of separable fat, raw	28.35	1.0 oz	0
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10950	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	134.0	1.0 chop	0
10949	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	134.0	1.0 chop	0
10948	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
10946	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	7
10219	Pork, fresh, ground, raw	28.35	1.0 oz	2
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	14
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	5
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	2
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	6
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	12
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	17
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	3
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	8
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	14
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	2
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	12
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	2
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	17
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	8
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	12
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	8
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	11
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	13
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	14
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	5
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	7
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	8
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	7
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	10
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	3
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	12
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	5
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	14
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	5
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	5
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	8
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	13
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	7
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	11
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	5
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	5
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	14
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	9
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	15
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	5
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	8
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	6
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	6
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	5
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	5
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	5
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	14
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	8
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	8
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	7
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	21
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	11
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	17

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	19
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	5
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	10
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	11
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	7
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	11
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	7
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	5
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 lb	7
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	6
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	11
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	14
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	5
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	7
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	7
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	4
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	6
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	5
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	6
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	6
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	2
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	6
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
10859	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	9
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled	150.0	1.0 chop boneless	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	15
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	7
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	18
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	3
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	8
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	13
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	3
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	4
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	6
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	6
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	8
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	6
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	6
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	6
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	7
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	6
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	23
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	24
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	7
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	7
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	11
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	11
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	15
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	5
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	6
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	6
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	6
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	8
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	8
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	11
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	2
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	9
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	2
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	8
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	32
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	7
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	3
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	364
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	56
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	15297
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	6138
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	3
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0
10898	Pork, pickled pork hocks	117.0	3.0 oz	89
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0
11413	Potato flour	160.0	1.0 cup	0
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	25
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	4
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	5
22971	Potato salad with egg	125.0	0.5 cup	204
11414	Potato salad, home-prepared	250.0	1.0 cup	392
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	23
11674	Potato, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	15
11352	Potato, flesh and skin, raw	75.0	0.5 cup, diced	2
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	292
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	68
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	647
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	686
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	6
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	6

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	6
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	2
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	2
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	2
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	2
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	4
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50.0	10.0 strips	2
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	4
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	3
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	3
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	0
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	1
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	1
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	0
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	6
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	0
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	4
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	143
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	8
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	7
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	150
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	22
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	361
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	462
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	449

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	384
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	57
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	290
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	393
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	447
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	933
11362	Potatoes, raw, skin	38.0	1.0 skin	0
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	30
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	5
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	30
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	1
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	363
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	331
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	368
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	30
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	6
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	0
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	0
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	113
05306	Poultry food products, ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	65
05305	Poultry food products, ground turkey, raw	453.6	1.0 lb	299
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	18
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	556
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	243
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	338
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1000
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	520
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	750
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	500
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1000
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	500
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	500
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	750
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	750
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	750
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	750
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	500
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
43109	Pretzels, soft	143.0	1.0 large	0
25024	Pretzels, soft, unsalted	143.0	1.0 large	0
09287	Prickly pears, raw	149.0	1.0 cup	64
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	1750
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	275
09294	Prune juice, canned	256.0	1.0 cup	8
09423	Prune puree	36.0	2.0 tbsp	720
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	1865
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	1464
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	2326
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	74
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	250
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	170
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	253
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	179
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	241
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	176
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	209
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	197
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	13
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	1
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	220
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	154
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	238
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	154
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	14
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	154
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0
19194	Puddings, rice, dry mix	106.0	1.0 package	0
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	220
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	147
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	78
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	205
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	138
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	1
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	2
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	149

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	205
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	197
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	2
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	1
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	657
09295	Pummelo, raw	190.0	1.0 cup, sections	15
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	2324
11416	Pumpkin flowers, raw	33.0	1.0 cup	643
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	1136
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	1136
11418	Pumpkin leaves, raw	39.0	1.0 cup	757
11426	Pumpkin pie mix, canned	270.0	1.0 cup	22405
11846	Pumpkin, canned, with salt	245.0	1.0 cup	38129
11424	Pumpkin, canned, without salt	245.0	1.0 cup	38129
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	14100
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	14100
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	2324
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	9875
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	2130
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	2130
11427	Purslane, raw	43.0	1.0 cup	568
05159	Quail, breast, meat only, raw	85.0	3.0 oz	31
43282	Quail, cooked, total edible	28.35	1.0 oz	66
05157	Quail, meat and skin, raw	109.0	1.0 quail	265
05158	Quail, meat only, raw	92.0	1.0 quail	52
01267	Queso cotija	5.0	2.0 tsp	43
09296	Quinces, raw	92.0	1.0 fruit without refuse	37
20137	Quinoa, cooked	185.0	1.0 cup	9
20035	Quinoa, uncooked	170.0	1.0 cup	24
11952	Radicchio, raw	40.0	1.0 cup, shredded	11
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	149
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
11429	Radishes, raw	116.0	1.0 cup slices	8
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
09299	Raisins, seeded	165.0	1.0 cup, packed	0
09298	Raisins, seedless	165.0	1.0 cup, packed	0
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	4
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	84
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, unthawed	150
09302	Raspberries, raw	123.0	1.0 cup	41
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	65
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	766
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	501
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	582
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	427
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	7
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	7244
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	4366
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2186
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	382
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	503
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	7846
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	69
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	1711
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	7933
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	2238
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	3368
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	2098
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	1326
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	35

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36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	88
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1953
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	1076
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	36
36014	Restaurant, family style, French fries	170.0	1.0 serving	0
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	897
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	160
36036	Restaurant, family style, onion rings	259.0	1.0 serving	44
36016	Restaurant, family style, shrimp, breaded and fried	135.0	1.0 serving	142
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	45
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	346
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	209
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	5
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	163
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	376
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	102
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	71
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	338
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	175
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	147
09307	Rhubarb, raw	122.0	1.0 cup, diced	124
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	856
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	324
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	29
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	307
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	10
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	2071
20060	Rice bran, crude	118.0	1.0 cup	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	499
20090	Rice flour, brown	158.0	1.0 cup	0
20061	Rice flour, white	158.0	1.0 cup	0
20134	Rice noodles, cooked	176.0	1.0 cup	0
20133	Rice noodles, dry	57.0	2.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	0
20054	Rice, white, glutinous, raw	185.0	1.0 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
20051	Rice, white, medium-grain, cooked	186.0	1.0 cup	0
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0
20053	Rice, white, short-grain, cooked	186.0	1.0 cup	0
20052	Rice, white, short-grain, raw	200.0	1.0 cup	0
07912	Roast beef spread	57.0	1.0 serving .25 cup	1
18344	Rolls, dinner, egg	28.35	1.0 oz	7
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	1
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	96
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	3
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0
18349	Rolls, french	28.35	1.0 oz	0
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	0
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	5518
09311	Roselle, raw	57.0	1.0 cup, without refuse	164
02063	Rosemary, fresh	0.7	1.0 tsp	20
09428	Rowal, raw	114.0	0.5 cup	437
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	2
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	3
11435	Rutabagas, raw	140.0	1.0 cup, cubes	3
20062	Rye	169.0	1.0 cup	19
20063	Rye flour, dark	128.0	1.0 cup	14
20065	Rye flour, light	102.0	1.0 cup	0
20064	Rye flour, medium	102.0	1.0 cup	0
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	32
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	11
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	3
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	41
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	10
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	5
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	1
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	1
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	10
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	74
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	70
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	12
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	33
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	87
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	87
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	72
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	6
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	4
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	21
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	2
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	5
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	11
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	2
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	16
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	28
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	11
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	32
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	32
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	2
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	10
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	9
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	39
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	39
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	5
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	59
04639	Salad dressing, ranch dressing, commercial, regular	15.0	1.0 tablespoon	10
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	10
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	87
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	5
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	5
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	28
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	2
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	47
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	34
21489	Salad, grape and apple with yogurt and candied walnuts	163.0	1.0 item	83
07068	Salami, cooked, beef	26.0	1.0 slice	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0
07070	Salami, cooked, turkey	28.0	1.0 serving	2
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	4
07926	Salami, Italian, pork	28.0	1.0 oz	0
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	12
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	111
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	159
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	110
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0
02047	Salt, table	6.0	1.0 tsp	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	2
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	13
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	33
09313	Sapodilla, raw	241.0	1.0 cup, pulp	145
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	250
06150	Sauce, barbecue	17.0	1.0 tbsp	38
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	51
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	50
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	31
06975	Sauce, barbecue, low sodium	17.0	1.0 tbsp	38
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	5
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	49
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	199
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	88
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	215
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	55
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	2
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	1
06166	Sauce, homemade, white, medium	250.0	1.0 cup	942
06167	Sauce, homemade, white, thick	250.0	1.0 cup	1172
06165	Sauce, homemade, white, thin	250.0	1.0 cup	655
06137	Sauce, mole poblano, dry mix, single brand	265.0	1.0 cup sauce	40
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	858
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	832

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	69
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	420
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	8
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	8
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	77
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	173
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	65
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	100
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	4
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	50
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	41
06971	Sauce, worcestershire	17.0	1.0 tbsp	13
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	26
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	26
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0
42262	Sausage, chicken and beef, smoked	138.0	1.0 cup pieces	149
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	13
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	2
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	81
16107	Sausage, meatless	25.0	1.0 link	0
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	63
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	212
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	81
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0
07951	Scrapple, pork	17.0	1.0 cubic inch	355
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	253

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
02074	Seasoning mix, dry, sazon, coriander & annatto	1.0	0.25 tsp	0
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	213
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	406
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	247
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	12
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	12
11446	Seaweed, laver, raw	26.0	10.0 sheets	1353
11667	Seaweed, spirulina, dried	112.0	1.0 cup	638
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	36
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	67
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	73
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	83
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	346
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	70
12006	Seeds, chia seeds, dried	28.35	1.0 oz	15
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	122
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	408
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	659
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	130
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	16
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	4
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	21
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	9
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	9
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	40
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	40
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	14
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	14
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	8
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	10
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	10
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	9
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	10
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	20

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12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	18
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	20
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	19
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	99
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	84
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	84
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	13
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	3
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	47
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	8
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	8
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	31
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	23
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	12
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	12
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	12
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	12
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0
20066	Semolina, enriched	167.0	1.0 cup	0
20466	Semolina, unenriched	167.0	1.0 cup	0
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0
11447	Sesbania flower, raw	3.0	1.0 flower	0
14346	Shake, fast food, chocolate	23.5	1.0 fl oz	22
14428	Shake, fast food, strawberry	23.5	1.0 fl oz	28
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	63
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	34
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
21140	Side dishes, potato salad	95.0	0.333 cup	95
16259	SILK Banana-Strawberry soy Yogurt	170.0	1.0 container	0
16256	SILK Black Cherry soy Yogurt	170.0	1.0 container	0
16257	SILK Blueberry soy Yogurt	170.0	1.0 container	0
16247	SILK Chai, soymilk	243.0	1.0 cup	299
16237	SILK Chocolate, soymilk	243.0	1.0 cup	501
16249	SILK Coffee, soymilk	243.0	1.0 cup	299
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0
16258	SILK Key Lime soy Yogurt	170.0	1.0 container	0
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	501
16238	SILK Light Plain, soymilk	243.0	1.0 cup	501
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	501
16248	SILK Mocha, soymilk	243.0	1.0 cup	299
16246	SILK Nog, soymilk	122.0	0.5 cup	0
16260	SILK Original Creamer	15.0	1.0 tbsp	0
16255	SILK Peach soy Yogurt	170.0	1.0 container	0
16252	SILK Plain soy yogurt	227.0	1.0 container	0
16235	SILK Plain, soymilk	243.0	1.0 cup	501
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	501
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	501
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	1001

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16254	SILK Raspberry soy yogurt	170.0	1.0 container	0
16253	SILK Strawberry soy yogurt	170.0	1.0 container	0
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	501
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	0
16236	SILK Vanilla, soymilk	243.0	1.0 cup	501
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	1001
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0
07076	Smoked link sausage, pork and beef, flour and nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	37
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1.0 oz	0
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	23
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0
19400	Snacks, banana chips	28.35	1.0 oz	24
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	71
25059	Snacks, brown rice chips	9.0	1.0 cake	0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	1
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	14
19419	Snacks, corn cakes	9.0	1.0 cake	22
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	22
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	173
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	173
19003	Snacks, corn-based, extruded, chips, plain	28.35	1.0 oz	0
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	62
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	90
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	34
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	46
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	96
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	741
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	494
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	1413
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	63
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	18

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	16
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	24
19014	Snacks, fruit leather, rolls	21.0	1.0 large	12
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0
19435	Snacks, granola bar, fruit-filled, nonfat	28.35	1.0 oz	139
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	166
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	352
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	554
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	49
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	84
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	3
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	7
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	13
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	5
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	10
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	12
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	5
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	7
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	476
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	7
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	14
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	7
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	13
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	11
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	4
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	3
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	2
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	750
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	881
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	200

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	60
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	16
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	12
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	20
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	287
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
25037	Snacks, pita chips, salted	28.35	1.0 oz	0
25027	Snacks, plantain chips, salted	28.35	1.0 oz	393
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	16
19806	Snacks, popcorn, air-popped, white popcorn	8.0	1.0 cup	2
19036	Snacks, popcorn, cakes	10.0	1.0 cake	7
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	22
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	2
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	15
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	12
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	75
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	67
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	18
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	17
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	1
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	189
19041	Snacks, pork skins, plain	28.35	1.0 oz	11
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	108
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	9
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	3
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	1
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	214
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0
19411	Snacks, potato chips, plain, salted	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	48
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0
19051	Snacks, rice cakes, brown rice, plain	9.0	1.0 cake	0
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	1
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	25
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	175
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	6712
19524	Snacks, taro chips	28.35	1.0 oz	40
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	51
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	51
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	23
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	105
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	108
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	1
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	257
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	21
19059	Snacks, trail mix, regular	150.0	1.0 cup	27

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	27
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	15
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	64
19061	Snacks, trail mix, tropical	140.0	1.0 cup	69
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	548
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	48
20067	Sorghum	192.0	1.0 cup	0
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	1720
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	234
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	1741
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	870
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	3951
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	861
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	862
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	4937
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	5725
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	252
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	246
06077	Soup, beef noodle, dry, mix	9.2	1.0 packet	183
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	1968
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	720
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	1144
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	548
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	13
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	998
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	291
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	1242

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	1087
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	2662
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	17
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0
06183	Soup, chicken broth, canned, less/reduced sodium	240.0	1.0 cup	0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	5
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	2760
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	123
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	134
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	0
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	41
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1135
06019	Soup, chicken noodle, canned, condensed	126.0	0.5 cup	517
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	498
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	33
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	27
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	498
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	2362
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	5803
06485	Soup, chicken rice, dry, mix, prepared with water	240.0	1.0 cup 8 fl oz	5
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	919
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	2585
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	3079
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	346
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	525
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	627
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	413
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	541
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	1252
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	3022
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1469

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	2666
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	6487
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	2413
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	2609
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	3216
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	960
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	929
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	73
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	320
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	72
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	23
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	171
06489	Soup, consomme with gelatin, dry, mix, prepared with water	249.0	1.0 cup 8 fl oz	7
06034	Soup, crab, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	505
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	556
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	600
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	444
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	355
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	461
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	312
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	229
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	536
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	0
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	714
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	561
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	407
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	10
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	20
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	257
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	59
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	142
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	451
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	295
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	84
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	444

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	288
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup (8 fl oz)	159
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	372
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	154
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	2159
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	214
06035	Soup, escarole, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	2170
06036	Soup, gazpacho, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	298
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	802
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	1380
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	1520
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	79
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	360
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	4279
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	2101
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2338
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	1629
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	199
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	198
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	244
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1254
06493	Soup, mushroom, dry, mix, prepared with water	253.0	1.0 cup	99
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	14
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	1
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	2
06495	Soup, oxtail, dry, mix, prepared with water	244.0	1.0 cup	10
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	71
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	225
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	70
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	32
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	356
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	31
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	31
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	4872
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	447
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	445

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	890
06452	Soup, pepperpot, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	933
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	0
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	10
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	1
06055	Soup, scotch broth, canned, condensed	123.0	0.5 cup (4 fl oz)	2188
06455	Soup, scotch broth, canned, prepared with equal volume water	241.0	1.0 cup	0
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	3000
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	202
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	6379
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	7
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	14
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	1067
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	534
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	725
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	878
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	721
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	543
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	519
06099	Soup, tomato vegetable, dry, mix	1.2	1.0 tbsp	19
06499	Soup, tomato vegetable, dry, mix, prepared with water	245.0	1.0 cup 8 fl oz	184
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	580
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	474
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	723
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	476
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	832
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	476
06065	Soup, turkey noodle, canned, condensed	126.0	0.5 cup (4 fl oz)	248
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	293
06066	Soup, turkey vegetable, canned, condensed	123.0	0.5 cup (4 fl oz)	2444
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2444
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	7156
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	3911
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	1859

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	3787
06500	Soup, vegetable beef, dry, mix, prepared with water	253.0	1.0 cup 8 fl oz	238
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	1898
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	6015
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	2176
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2100
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2056
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	2168
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	3581
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	3425
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	29
01180	Sour cream, fat free	12.0	1.0 tablespoon	31
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
01179	Sour cream, light	12.0	1.0 tablespoon	39
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	52
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	1
09315	Soursop, raw	225.0	1.0 cup, pulp	4
16117	Soy flour, defatted	105.0	1.0 cup	42
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	40
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	101
16415	Soy flour, full-fat, raw, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	102
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	104
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	94
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	35
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	35
16119	Soy meal, defatted, raw	122.0	1.0 cup	49
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	122.0	1.0 cup	49
16421	Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash	28.35	1.0 oz	0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0
16122	Soy protein isolate	28.35	1.0 oz	0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0
43299	Soybean, curd cheese	225.0	1.0 cup	94
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	281
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	281
11450	Soybeans, green, raw	256.0	1.0 cup	461
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	15
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	15
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	41
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	344
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	38
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	38
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	4
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	955
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	501
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	501
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	503
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	501
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	501
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	7
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	571
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	501
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	496
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	7
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	450
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	492
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	0
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	0
20421	Spaghetti, cooked, unenriched, without added salt	140.0	1.0 cup	0
20120	Spaghetti, dry, enriched	57.0	2.0 oz	0
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	0
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	140.0	1.0 cup	0
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	57.0	2.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	213
20126	Spaghetti, spinach, dry	57.0	2.0 oz	263
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	4
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	0
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	689
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	500
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	199
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	499
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	501
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	499
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	1000
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	499
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	501
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	499
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	300
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	499
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	499
02066	Spearmint, dried	0.5	1.0 tsp	53
02065	Spearmint, fresh	0.3	2.0 leaves	12
20141	Spelt, cooked	194.0	1.0 cup	8
20140	Spelt, uncooked	174.0	1.0 cup	17
02001	Spices, allspice, ground	1.9	1.0 tsp	10
02002	Spices, anise seed	2.1	1.0 tsp, whole	7
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	5
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	37
02005	Spices, caraway seed	2.1	1.0 tsp	8
02006	Spices, cardamom	2.0	1.0 tsp, ground	0
02007	Spices, celery seed	2.0	1.0 tsp	1
02008	Spices, chervil, dried	0.6	1.0 tsp	35
02009	Spices, chili powder	2.7	1.0 tsp	801
02010	Spices, cinnamon, ground	2.6	1.0 tsp	8
02011	Spices, cloves, ground	2.1	1.0 tsp	3
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	35
02013	Spices, coriander seed	1.8	1.0 tsp	0
02014	Spices, cumin seed	2.1	1.0 tsp, whole	27

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
02015	Spices, curry powder	2.0	1.0 tsp	0
02016	Spices, dill seed	2.1	1.0 tsp	1
02017	Spices, dill weed, dried	1.0	1.0 tsp	58
02018	Spices, fennel seed	2.0	1.0 tsp, whole	3
02019	Spices, fenugreek seed	3.7	1.0 tsp	2
02020	Spices, garlic powder	3.1	1.0 tsp	0
02021	Spices, ginger, ground	1.8	1.0 tsp	1
02022	Spices, mace, ground	1.7	1.0 tsp	14
02023	Spices, marjoram, dried	0.6	1.0 tsp	48
02024	Spices, mustard seed, ground	2.0	1.0 tsp	1
02025	Spices, nutmeg, ground	2.2	1.0 tsp	2
02026	Spices, onion powder	2.4	1.0 tsp	0
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	17
02028	Spices, paprika	2.3	1.0 tsp	1133
02029	Spices, parsley, dried	0.5	1.0 tsp	10
02030	Spices, pepper, black	2.3	1.0 tsp, ground	13
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	749
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0
02033	Spices, poppy seed	2.8	1.0 tsp	0
02034	Spices, poultry seasoning	1.5	1.0 tsp	39
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	4
02036	Spices, rosemary, dried	1.2	1.0 tsp	38
02037	Spices, saffron	0.7	1.0 tsp	4
02038	Spices, sage, ground	0.7	1.0 tsp	41
02039	Spices, savory, ground	1.4	1.0 tsp	72
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	25
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	38
02043	Spices, turmeric, ground	3.0	1.0 tsp	0
11658	Spinach souffle	136.0	1.0 cup	3932
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	15051
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	20974
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	15051
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	18866
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	18866
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	11458
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	11458

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	18293
11457	Spinach, raw	30.0	1.0 cup	2813
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	1397
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	1017
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	58
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	207
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	236
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	382
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	382
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	226
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	214
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	2011
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2011
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	386
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	386
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	363
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	190
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	76
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	204
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	282
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1005
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2011
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	395
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	395
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	188
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	248
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	1224
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	877
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	877
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	632
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	2002
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	514
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	10707
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	10707
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	1586
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	22868

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	22868
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	8014
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	8014
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	5413
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	14882
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	13745
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	13745
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	9452
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	9452
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	1586
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	170
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	170
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	121
11953	Squash, zucchini, baby, raw	16.0	1.0 large	78
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	2
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	1790
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	66
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	61
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	69
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	99
09316	Strawberries, raw	152.0	1.0 cup, halves	18
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
14351	Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	309
18354	Strudel, apple	28.35	1.0 oz	9
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	333
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	146
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	185
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	375
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	372
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	564
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	564
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	330
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	330

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	401
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	15
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
19340	Sugars, maple	3.0	1.0 tsp	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	100
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	124
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	101
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	118
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	384
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	100
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	196
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	115
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	117
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	106
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	3528
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	5096
11504	Swamp cabbage, cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	5096
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	501
06615	SWANSON BROTH, Vegetable Broth	235.0	1.0 cup	501
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	751
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	499
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1881
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1881
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	1322
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	2550
11514	Sweet potato, canned, mashed	255.0	1.0 cup	22182
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	17971
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	17168
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	20357
11875	Sweet potato, cooked, baked in skin, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	21909
11508	Sweet potato, cooked, baked in skin, without salt	200.0	1.0 cup	38436
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	51627
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	51627
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	6850

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	28882
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	36731
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	18246
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	18869
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	2822
31023	Sweet Potatoes, french fried, frozen, unprepared	85.0	3.0 oz	2839
18355	Sweet rolls, cheese	28.35	1.0 oz	72
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	61
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	1
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	1
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	11
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	257
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	6
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0
19349	Syrups, corn, dark	328.0	1.0 cup	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
19350	Syrups, corn, light	341.0	1.0 cup	0
43026	Syrups, dietetic	240.0	1.0 cup	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
19352	Syrups, malt	332.0	1.0 cup	0
19353	Syrups, maple	20.0	1.0 tbsp	0
19355	Syrups, sorghum	330.0	1.0 cup	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0
19113	Syrups, table blends, pancake, with butter	20.0	1.0 tbsp	12

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	22
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	4
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	65
36007	T.G.I. FRIDAY'S, French fries	184.0	1.0 serving	0
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	116
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	132
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	124
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	668
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	203
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	179
21268	TACO BELL, Nachos	80.0	1.0 serving	17
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	537
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	53
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	81
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	24
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	29
21270	TACO BELL, Taco Salad	533.0	1.0 item	330
18360	Taco shells, baked	12.9	1.0 shell	2
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0
35147	Tamales (Navajo)	186.0	1.0 piece	0
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	1749
09437	Tamarind nectar, canned	251.0	1.0 cup	0
09322	Tamarinds, raw	120.0	1.0 cup, pulp	36
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	630
09225	Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water	241.0	1.0 cup	1381
09224	Tangerine juice, frozen concentrate, sweetened, undiluted	214.0	1.0 can (6 fl oz)	5921
09221	Tangerine juice, raw	247.0	1.0 cup	625
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	2121
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	2480
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	2117
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	1328
20068	Tapioca, pearl, dry	152.0	1.0 cup	0
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	119
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	87
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	6145
11520	Taro leaves, raw	28.0	1.0 cup	1351

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	71
11522	Taro shoots, raw	43.0	0.5 cup slices	22
11878	Taro, cooked, with salt	132.0	1.0 cup slices	111
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	111
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	6145
11518	Taro, raw	104.0	1.0 cup, sliced	79
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	71
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	2417
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	2417
11525	Taro, tahitian, raw	125.0	1.0 cup slices	2556
14544	Tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	6
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	0
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0
14548	Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	0
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	0
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	0
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	0
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	0
14475	Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor	30.6	1.0 fl oz	0
20143	Teff, cooked	252.0	1.0 cup	5
20142	Teff, uncooked	193.0	1.0 cup	17
16114	Tempeh	166.0	1.0 cup	0
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0
02049	Thyme, fresh	0.8	1.0 tsp	38
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	280
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	291
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	360
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	797

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	500
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	500
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	500
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	500
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	500
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	635
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	500
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	500
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	500
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	638
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	500
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	500
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	500
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	56
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	134
43476	Tofu yogurt	262.0	1.0 cup	86
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	88
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0
16129	Tofu, fried	28.35	1.0 oz	8
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	209
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	105
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	8
11954	Tomatillos, raw	34.0	1.0 medium	39
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	3770
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	1094
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	1094
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	1006
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	1006
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	1275
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	1275

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11549	Tomato products, canned, sauce	245.0	1.0 cup	1061
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	2403
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	1204
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	2340
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	2082
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2025
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	1954
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	1061
11693	Tomatoes, crushed, canned	121.0	0.5 cup	260
11527	Tomatoes, green, raw	180.0	1.0 cup	1156
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	2364
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	281
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	281
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	439
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	940
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	1174
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	673
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	1174
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	1241
11955	Tomatoes, sun-dried	54.0	1.0 cup	472
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	1415
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	37
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
19367	Toppings, nuts in syrup	328.0	1.0 cup	23
19366	Toppings, pineapple	340.0	1.0 cup	58
19137	Toppings, strawberry	42.0	2.0 tbsp	8
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	116
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	29
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	45
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	1
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	1
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	2
21088	Tostada with guacamole	261.0	2.0 pieces	1751
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	62
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	142
20069	Triticale	192.0	1.0 cup	0
20070	Triticale flour, whole-grain	130.0	1.0 cup	0
05286	Turkey and gravy, frozen	85.0	3.0 oz	36
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0
42130	Turkey bacon, cooked	82.0	1.0 cup pieces	0
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	9
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0
07079	Turkey breast, sliced, oven roasted, luncheon meat	33.0	1.0 serving	11
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	37
05703	Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	30
05702	Turkey from whole, enhanced, light meat, meat and skin, raw	85.0	3.0 oz	54
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	9
05696	Turkey from whole, enhanced, light meat, meat only, raw	85.0	1.0 serving	17
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	30
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	53
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	17
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	12
07080	Turkey ham, cured turkey thigh meat	28.0	0.99 oz 1 serving	7
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0
05292	Turkey patties, breaded, battered, fried	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	10
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	7015
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	135.0	1.0 cup, chopped or diced	0
07082	Turkey roll, light and dark meat	28.35	1.0 oz	0
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	43
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	43
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	10
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	26
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	9
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	9
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	4
05744	Turkey, back, from whole bird, enhanced, meat and skin, raw	85.0	3.0 oz	107
05745	Turkey, back, from whole bird, enhanced, meat and skin, roasted	85.0	3.0 oz	61
05719	Turkey, back, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	37
05720	Turkey, back, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	9
05215	Turkey, back, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	37
05216	Turkey, back, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	15
05721	Turkey, breast, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	17
05718	Turkey, breast, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	9
05219	Turkey, breast, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	17
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	9
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0
05694	Turkey, dark meat from whole, enhanced, meat only, raw	85.0	1.0 serving	37
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	40
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	24
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0
05724	Turkey, drumstick, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	37
05725	Turkey, drumstick, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	15
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	17
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	9
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0
05701	Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	44
05700	Turkey, enhanced, dark meat from whole, meat and skin, raw	85.0	3.0 oz	79
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85.0	1.0 serving	15
05698	Turkey, enhanced, skin from whole (light and dark), raw	28.35	1.0 oz	81
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	223
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	15
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	17

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	97
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	11
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	73
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	18993
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	20983
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	3
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	27
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	46
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	78
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	14
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	32
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	73
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	6
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	58
05727	Turkey, retail parts, enhanced, breast, meat and skin, raw	85.0	3.0 oz	42
05709	Turkey, retail parts, enhanced, breast, meat only, cooked, roasted	85.0	3.0 oz	7
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	199
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	39
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	82
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	16
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	54
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	68
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	85
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	21
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	5
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	223
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	81
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	56
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	75
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1228
05726	Turkey, thigh, from whole bird, enhanced, meat only, raw	85.0	3.0 serving	37
05728	Turkey, thigh, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	15

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	37
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	15
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	4
05706	Turkey, whole, enhanced, meat and skin, raw	85.0	3.0 oz	66
05707	Turkey, whole, enhanced, meat and skin, roasted	85.0	3.0 oz	37
05704	Turkey, whole, enhanced, meat only, raw	85.0	3.0 oz	23
05705	Turkey, whole, enhanced, meat only, roasted	28.0	3.0 oz	4
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	14627
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	11160
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	33
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	48
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	12
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	26
05729	Turkey, wing, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	17
05730	Turkey, wing, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	9
05227	Turkey, wing, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	17
05228	Turkey, wing, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	9
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	14038
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	14038
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	5803
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	8574
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	4196
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	10980
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	10980
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	8827
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	17655
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	5071
11568	Turnip greens, raw	55.0	1.0 cup, chopped	6373
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	24
11564	Turnips, raw	130.0	1.0 cup, cubes	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	395
93600	Turtle, green, raw	85.0	3.0 oz	85
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	55
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	61
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	82
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	12
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	22
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	715
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	45
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	45
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	11
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	1
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	4
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	7
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	14
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	15
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0
14611	V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	5001
14607	V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	1.0 serving 8 oz	5001
14608	V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	5000
14609	V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	5000
14610	V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	5000
14612	V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	5001
14613	V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	5001
14614	V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	5001
14615	V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	5001

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14616	V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	5001
14617	V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	5001
14618	V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	5001
14619	V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	5001
14086	V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	3501
14087	V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	1000
14088	V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	0
14623	V8 V. FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	15
14620	V8 V. FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1001
14621	V8 V. FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	2000
14622	V8 V. FUSION Juices, Tropical	246.0	1.0 serving 8 oz	4000
02050	Vanilla extract	4.2	1.0 tsp	0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	21
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	39
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	7
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	7
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	29
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	29
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17104	Veal, loin, separable lean and fat, raw	28.35	1.0 oz	0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0
17107	Veal, loin, separable lean only, raw	28.35	1.0 oz	0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17128	Veal, shoulder, blade, separable lean and fat, raw	28.35	1.0 oz	0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0
17131	Veal, shoulder, blade, separable lean only, raw	28.35	1.0 oz	0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	569
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	87
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	56451
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	44883
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	11072
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	4974
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	1786
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	1793
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	465
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	21205
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	18991
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	12448
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	3892
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	3892
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	4824

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
43134	Vegetarian fillets	85.0	1.0 fillet	0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0
43136	Vegetarian stew	247.0	1.0 cup	2317
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	11
43114	Vermicelli, made from soy	140.0	1.0 cup	52
02069	Vinegar, balsamic	16.0	1.0 tbsp	0
02048	Vinegar, cider	14.9	1.0 tbsp	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
02068	Vinegar, red wine	14.9	1.0 tbsp	0
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	1741
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	1503
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	29
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	301
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	313
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	500
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	410
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	521
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles round	1000
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	377
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	360
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	65
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	363
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	46
14605	Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	249
14555	Water, bottled, generic	29.6	1.0 fl oz	0
14384	Water, bottled, PERRIER	29.6	1.0 fl oz	0
14385	Water, bottled, POLAND SPRING	29.6	1.0 fl oz	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
14411	Water, tap, drinking	29.6	1.0 fl oz	0
14429	Water, tap, municipal	29.6	1.0 fl oz	0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	212
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
11591	Watercress, raw	34.0	1.0 cup, chopped	1085
09326	Watermelon, raw	154.0	1.0 cup, balls	876
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	550
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0
20077	Wheat bran, crude	58.0	1.0 cup	5
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	2
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	3
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0
20080	Wheat flour, whole-grain	120.0	1.0 cup	11
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	3
20078	Wheat germ, crude	115.0	1.0 cup	0
20076	Wheat, durum	192.0	1.0 cup	0
20071	Wheat, hard red spring	192.0	1.0 cup	17
20072	Wheat, hard red winter	192.0	1.0 cup	17
20074	Wheat, hard white	192.0	1.0 cup	17
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	7
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	19
20073	Wheat, soft red winter	168.0	1.0 cup	0
20075	Wheat, soft white	168.0	1.0 cup	15
20087	Wheat, sprouted	108.0	1.0 cup	0
01113	Whey, acid, dried	57.0	1.0 cup	34
01112	Whey, acid, fluid	246.0	1.0 cup	17
01115	Whey, sweet, dried	145.0	1.0 cup	44
01114	Whey, sweet, fluid	246.0	1.0 cup	30
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	56
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	7
14024	Whiskey sour mix, powder	17.0	1.0 packet	5
20089	Wild rice, cooked	164.0	1.0 cup	5
20088	Wild rice, raw	160.0	1.0 cup	30

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14553	Wine, non-alcoholic	29.0	1.0 fl oz	0
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	55
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	55
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	56
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	4
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	0
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	0
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	0
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	0
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	0
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	0
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	166

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	166
11601	Yam, raw	150.0	1.0 cup, cubes	207
11603	Yambean (jicama), raw	120.0	1.0 cup slices	25
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	468
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	468
11199	Yardlong bean, raw	91.0	1.0 cup slices	787
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	27
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	87
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	11
43406	Yeast extract spread	6.0	1.0 tsp	0
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	100
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	171
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	12
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	20
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	20
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	61
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	61
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	102
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	68
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	68
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	753
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	753
01261	Yogurt, Greek, CHOBANI CHAMPIONS, VERY BERRY	102.0	1.0 container	63
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	7
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	87
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	12
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	168
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	73
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	10
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	10
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	73
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	73
03217	Zwieback	28.35	1.0 oz	16