USDA National Nutrient Database for Standard ReferenceRelease 26

Nutrients: Vitamin C, total ascorbic acid (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: December 08, 2013 14:40 EST

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09002	Acerola juice, raw	242.0	1.0 cup	3872.0
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	1644.0
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	541.0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	284.0	1.0 cup	391.6
21369	McDONALD'S, Fruit & Walnut Salad	264.0	1.0 item	383.6
09139	Guavas, common, raw	165.0	1.0 cup	376.7
09143	Guava sauce, cooked	238.0	1.0 cup	348.4
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	341.3
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all flavors	55.0	1.0 bar	269.4
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	248.0
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	235.5
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	230.8
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	217.6
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	203.6
09083	Currants, european black, raw	112.0	1.0 cup	202.7
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	196.0
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	195.0
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	190.3
21342	McDONALD'S, Apple Dippers	68.0	1.0 package	188.4
21366	McDONALD'S, Apple Dippers with Low Fat Caramel Sauce	89.0	1.0 item	188.3
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	187.6
09224	Tangerine juice, frozen concentrate, sweetened, undiluted	214.0	1.0 can (6 fl oz)	182.1
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	172.6
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	166.9
11620	Drumstick pods, raw	100.0	1.0 cup slices	141.0
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	137.9
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	137.4
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	136.5
09164	Litchis, raw	190.0	1.0 cup	135.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	135.3
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	135.3
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	126.8
09206	Orange juice, raw	248.0	1.0 cup	124.0
09205	Oranges, raw, with peel	170.0	1.0 cup	120.7
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	120.1
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	120.0
11525	Taro, tahitian, raw	125.0	1.0 cup slices	120.0
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	119.8
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	118.4
14315	Malted drink mix, chocolate, with added nutrients, powder	78.0	1.0 cup	117.1
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	117.0
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	117.0
09295	Pummelo, raw	190.0	1.0 cup, sections	115.9
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	114.5
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	114.5
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	114.3
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	112.4
14039	Beverages, CYTOSPORT, Muscle Milk light, Ready-To-Drink	414.0	14.0 fl oz	112.2
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	112.0
09409	Pineapple juice, canned, unsweetened, with added ascorbic acid	250.0	1.0 cup	109.5
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	109.1
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	106.7
11741	Broccoli, stalks, raw	114.0	1.0 stalk	106.2
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	105.6
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	103.6
11976	Pepper, banana, raw	124.0	1.0 cup	102.5
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	100.7
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	100.4
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	100.1
14623	V8 V. FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	100.1
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	97.5
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Honey Nut Oat Bar	55.0	1.0 bar	97.0
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Double Chocolate Nut Bar	55.0	1.0 bar	96.9
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	96.9
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	95.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	95.5
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	95.0
09152	Lemon juice, raw	244.0	1.0 cup	94.4
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	93.9
09128	Grapefruit juice, white, raw	247.0	1.0 cup	93.9
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	93.1
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	91.1
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	90.8
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	90.7
09140	Guavas, strawberry, raw	244.0	1.0 cup	90.3
09316	Strawberries, raw	152.0	1.0 cup, halves	89.4
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	89.1
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	89.1
09226	Papayas, raw	145.0	1.0 cup 1" pieces	88.3
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	88.0
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	87.6
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	87.3
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	87.1
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	85.8
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	85.2
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	85.1
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	85.1
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	84.4
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	83.9
11241	Kohlrabi, raw	135.0	1.0 cup	83.7
09211	Orange juice, chilled, includes from concentrate, fortified with calcium	249.0	1.0 cup	83.7
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	83.7
09210	Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D	249.0	1.0 cup	83.7
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	83.2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	83.2
11090	Broccoli, raw	91.0	1.0 cup chopped	81.2
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	80.5
11233	Kale, raw	67.0	1.0 cup, chopped	80.4
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	80.3
09334	Feijoa, raw	243.0	1.0 cup, pureed	79.9

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11297	Parsley, fresh	60.0	1.0 cup chopped	79.8
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Chewy Chocolate Peanut Bar	55.0	1.0 bar	79.4
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	79.4
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	79.1
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	78.9
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	78.1
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	76.9
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	76.8
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	76.6
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	76.6
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	76.6
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	76.6
09221	Tangerine juice, raw	247.0	1.0 cup	76.6
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	74.9
11098	Brussels sprouts, raw	88.0	1.0 cup	74.8
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	74.6
11450	Soybeans, green, raw	256.0	1.0 cup	74.2
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	74.0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	73.8
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	73.8
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	73.6
09160	Lime juice, raw	242.0	1.0 cup	72.6
09123	Grapefruit juice, white, canned, unsweetened	247.0	1.0 cup	72.1
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	72.0
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	71.9
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	71.9
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	71.9
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	71.9
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	71.9
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	71.9
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	71.9
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	71.9
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	71.9
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	71.9
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	71.9
09217	Orange-grapefruit juice, canned, unsweetened	247.0	1.0 cup	71.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	71.8
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	71.2
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	70.8
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	70.8
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	70.8
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	70.5
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	70.4
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	70.1
08504	Cereals ready-to-eat, Ralston Enriched Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	69.5
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	68.9
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	68.6
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	68.6
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	67.9
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	67.5
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	67.3
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	67.2
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	67.0
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	66.7
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	66.6
11794	Lambs quarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	66.6
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	66.6
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	66.2
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	65.3
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	65.1
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	65.1
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	65.0
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	64.9
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	64.7
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	64.1
11616	Dock, raw	133.0	1.0 cup, chopped	63.8
09059	Breadfruit, raw	220.0	1.0 cup	63.8
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	63.2
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	62.8
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	62.5
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	62.4
09427	Abiyuch, raw	114.0	0.5 cup	61.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09153	Lemon juice, canned or bottled	244.0	1.0 cup	60.5
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	60.2
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	60.1
09176	Mangos, raw	165.0	1.0 cup pieces	60.1
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	60.0
14087	V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	60.0
14086	V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	60.0
14621	V8 V. FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	60.0
14088	V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	60.0
14622	V8 V. FUSION Juices, Tropical	246.0	1.0 serving 8 oz	60.0
14620	V8 V. FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	60.0
14613	V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	60.0
14617	V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	60.0
14614	V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	60.0
14618	V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	60.0
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	60.0
14607	V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	1.0 serving 8 oz	60.0
14611	V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	60.0
14615	V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	60.0
14619	V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	60.0
14612	V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	60.0
14616	V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	60.0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	60.0
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	60.0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	60.0
14001	Beverages, coconut water, unsweetened from concentrate, natural and fruit flavors, vitamin C added, ready-to-drink	250.0	8.5 fl oz	60.0
14021	Beverages, PEPSICOLA, SOBE Energize Energy Juice Drinks	240.0	8.0 fl oz	60.0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	60.0
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	60.0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	60.0
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	60.0
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	60.0
14031	Beverages, PEPSICO, SoBe Lifewater	240.0	8.0 fl oz	60.0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	60.0
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	60.0

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14652	Fruit-flavored drink, dry powder, low calorie, with high vitamin C	2.5	1.0 serving	60.0
14409	Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	60.0
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	60.0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	60.0
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	60.0
14609	V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	60.0
14610	V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	60.0
14608	V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	60.0
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	59.9
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	59.9
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	59.8
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	59.7
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	59.5
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	59.5
22979	KASHI, Black Bean Mango, Frozen Entree	283.0	1.0 package	59.4
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	59.2
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	58.8
09225	Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water	241.0	1.0 cup	58.3
11304	Peas, green, raw	145.0	1.0 cup	58.0
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	57.2
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	57.2
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	57.0
11965	Cauliflower, green, raw	64.0	1.0 cup	56.4
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	56.3
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	56.3
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	56.1
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	55.9
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	55.8
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	55.8
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	55.6
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	55.6
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	55.6
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	55.3
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	54.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	54.7
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	54.7
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	54.7
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	54.5
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	54.3
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	54.3
14268	Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	54.1
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	54.1
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	53.4
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	53.3
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	53.3
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	53.2
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	53.1
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	52.5
09088	Elderberries, raw	145.0	1.0 cup	52.2
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	52.1
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	52.1
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	52.1
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	51.7
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	51.6
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	51.5
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	51.5
09190	Mulberries, raw	140.0	1.0 cup	51.0
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	50.7
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	50.6
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	50.6
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	49.9
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	49.6
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	49.6
09082	Cranberry-orange relish, canned	275.0	1.0 cup	49.5
09435	Guava nectar, canned	251.0	1.0 cup	49.4
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	48.9
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	48.6
21133	Fast foods, potato, baked and topped with cheese sauce and broccoli	339.0	1.0 piece	48.5
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	48.1
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	48.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	47.9
11980	Peppers, chili, green, canned	139.0	1.0 cup	47.5
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	47.1
09315	Soursop, raw	225.0	1.0 cup, pulp	46.4
09084	Currants, red and white, raw	112.0	1.0 cup	45.9
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	45.5
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	45.4
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	45.0
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	45.0
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	45.0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	44.9
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	44.9
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	44.8
11015	Asparagus, canned, drained solids	242.0	1.0 cup	44.5
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	44.5
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	44.5
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	44.2
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	44.2
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	44.1
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	43.9
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	43.9
14649	Hibiscus tea	237.0	8.0 fl oz	43.6
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	43.0
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	43.0
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	42.9
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	42.8
11134	Cassava, raw	206.0	1.0 cup	42.4
11215	Garlic, raw	136.0	1.0 cup	42.4
11527	Tomatoes, green, raw	180.0	1.0 cup	42.1
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	42.0
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	42.0
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	41.6
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	41.6
09107	Gooseberries, raw	150.0	1.0 cup	41.6
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	41.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, unthawed	41.2
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	40.9
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	40.9
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	40.2
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	40.1
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	40.0
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	39.9
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	39.6
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	39.5
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	39.5
11508	Sweet potato, cooked, baked in skin, without salt	200.0	1.0 cup	39.2
11270	Mustard greens, raw	56.0	1.0 cup, chopped	39.2
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	38.5
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	38.5
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	38.5
21055	Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	417.0	1.5 cup	38.4
09436	Mango nectar, canned	251.0	1.0 cup	38.2
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	38.0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	37.7
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	37.7
43544	Babyfood, cereal, rice with pears and apple, dry, instant	15.0	1.0 serving	37.5
42270	Orange juice drink	249.0	1.0 cup	37.4
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	37.2
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	37.1
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	36.9
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	36.9
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	36.9
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	36.9
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	36.5
09433	Clementines, raw	74.0	1.0 fruit	36.1
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	36.0
27023	CAMPBELL'S SOUP AT HAND, 25% Less Sodium Classic Tomato	305.0	1.0 serving	36.0
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	36.0
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	35.9
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	35.9
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	35.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	35.6
09313	Sapodilla, raw	241.0	1.0 cup, pulp	35.4
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	35.4
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	35.4
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	35.2
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	35.2
11435	Rutabagas, raw	140.0	1.0 cup, cubes	35.0
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	34.6
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	34.6
11203	Cress, garden, raw	50.0	1.0 cup	34.5
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	34.3
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	34.0
21135	Fast foods, potato, baked and topped with sour cream and chives	302.0	1.0 piece	33.8
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	33.6
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	33.5
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	33.5
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	33.4
11568	Turnip greens, raw	55.0	1.0 cup, chopped	33.0
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	33.0
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	32.8
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	32.8
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	32.6
11109	Cabbage, raw	89.0	1.0 cup, chopped	32.6
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	32.4
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	32.3
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	32.2
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	32.2
09302	Raspberries, raw	123.0	1.0 cup	32.2
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	32.2
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	32.1
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	32.0
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	32.0
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 patty	31.9
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	31.8
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	31.7
21134	Fast foods, potato, baked and topped with cheese sauce and chili	395.0	1.0 piece	31.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	31.6
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	31.6
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	31.5
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	31.5
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	31.5
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	31.4
21370	McDONALD'S, Caesar Salad with Grilled Chicken	296.0	1.0 item 10.4 oz	31.4
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	31.2
11613	Borage, raw	89.0	1.0 cup (1" pieces)	31.2
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	31.1
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	31.1
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	31.0
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	31.0
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	31.0
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	31.0
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	31.0
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	30.9
21371	McDONALD'S, Caesar Salad with Crispy Chicken	309.0	1.0 item 10.9 oz	30.9
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	30.9
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	30.8
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	30.8
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	30.6
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	30.6
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	30.6
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	30.6
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	30.5
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)	30.5
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	30.4
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	30.2
09042	Blackberries, raw	144.0	1.0 cup	30.2
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	30.1
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	30.1
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	30.1
14605	Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	30.1
21372	McDONALD'S, Caesar Salad without chicken	213.0	1.0 item 7.5 oz	30.0
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	30.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	30.0
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	30.0
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	30.0
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	30.0
16252	SILK Plain soy yogurt	227.0	1.0 container	30.0
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	29.9
16255	SILK Peach soy Yogurt	170.0	1.0 container	29.9
16259	SILK Banana-Strawberry soy Yogurt	170.0	1.0 container	29.9
16256	SILK Black Cherry soy Yogurt	170.0	1.0 container	29.9
16253	SILK Strawberry soy yogurt	170.0	1.0 container	29.9
16257	SILK Blueberry soy Yogurt	170.0	1.0 container	29.9
16254	SILK Raspberry soy yogurt	170.0	1.0 container	29.9
16258	SILK Key Lime soy Yogurt	170.0	1.0 container	29.9
06585	CAMPBELL'S SOUP AT HAND, Blended Vegetable Medley Soup	305.0	1.0 serving	29.9
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	29.7
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	29.7
11106	Butterbur, (fuki), raw	94.0	1.0 cup	29.6
09428	Rowal, raw	114.0	0.5 cup	29.4
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	29.4
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	29.4
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	28.9
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	28.8
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	28.8
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	28.7
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	28.7
21132	Fast foods, potato, baked and topped with cheese sauce and bacon	299.0	1.0 piece	28.7
09043	Blackberry juice, canned	250.0	1.0 cup	28.2
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	28.2
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	28.1
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	28.1
21127	Fast foods, coleslaw	191.0	1.0 cup	27.9
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	27.9
09434	Guanabana nectar, canned	251.0	1.0 cup	27.9
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	27.8
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	27.6
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	27.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	27.5
11564	Turnips, raw	130.0	1.0 cup, cubes	27.3
09277	Plantains, raw	148.0	1.0 cup, sliced	27.2
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	27.0
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	26.8
14309	Malted drink mix, natural, with added nutrients, powder	21.0	1.0 serving (4 tbsp or 1 envelope)	26.7
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	26.5
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	26.5
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	26.5
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	26.5
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	26.1
21131	Fast foods, potato, baked and topped with cheese sauce	296.0	1.0 piece	26.0
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	26.0
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	26.0
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	25.9
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	25.8
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	25.7
11601	Yam, raw	150.0	1.0 cup, cubes	25.6
11430	Radishes, oriental, raw	116.0	1.0 cup slices	25.5
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	25.4
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	25.3
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	25.2
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25.2
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	25.2
19014	Snacks, fruit leather, rolls	21.0	1.0 large	25.2
11981	Peppers, hungarian, raw	27.0	1.0 pepper	25.1
11414	Potato salad, home-prepared	250.0	1.0 cup	25.0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250.0	1.0 cup	25.0
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	24.9
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	24.9
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	24.8
11969	Broccoli, chinese, cooked	88.0	1.0 cup	24.8
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	24.6
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	24.6
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	24.5
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	24.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	24.3
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	24.3
11603	Yambean (jicama), raw	120.0	1.0 cup slices	24.2
21052	Fast foods, salad, vegetable, tossed, without dressing	104.0	0.75 cup	24.1
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	24.1
06592	CAMPBELL'S SOUP AT HAND, Creamy Tomato Soup	305.0	1.0 serving	24.1
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	24.1
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	24.0
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	23.9
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	23.9
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	23.9
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	23.9
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	23.8
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	23.8
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	23.7
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	23.7
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	23.7
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	23.5
43382	Cranberry juice, unsweetened	253.0	1.0 cup	23.5
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	23.5
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	23.5
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	23.4
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	23.4
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	23.3
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	23.3
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	23.2
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	23.1
11278	Okra, raw	100.0	1.0 cup	23.0
14548	Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	23.0
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	22.9
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	22.8
16113	Natto	175.0	1.0 cup	22.8
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	22.7
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	22.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	22.7
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	22.6
11298	Parsnips, raw	133.0	1.0 cup slices	22.6
09144	Jackfruit, raw	165.0	1.0 cup, sliced	22.6
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	22.6
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	22.5
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	22.5
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	22.5
11875	Sweet potato, cooked, baked in skin, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	22.3
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	22.3
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	22.3
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	22.3
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	22.3
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	22.2
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	22.2
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	22.2
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	22.2
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	22.1
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	22.1
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	22.1
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	22.0
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	22.0
09278	Plantains, cooked	200.0	1.0 cup, mashed	21.8
09035	Apricots, frozen, sweetened	242.0	1.0 cup	21.8
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	21.8
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	21.8
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	21.7
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	21.6
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	21.6
07277	HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added	56.0	1.0 serving 2 oz	21.6
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	21.5
14425	Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	21.5
11190	Cornsalad, raw	56.0	1.0 cup	21.4
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	21.3
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	21.3
08025	Cereals ready-to-eat, Ralston Crispy Rice	33.0	1.0 serving (NLEA serving size = 1.25 cup)	21.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	21.2
11955	Tomatoes, sun-dried	54.0	1.0 cup	21.2
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	21.2
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	21.1
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	21.1
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	21.1
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	21.1
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	21.1
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	21.1
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	21.0
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	21.0
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	21.0
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	21.0
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	21.0
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	21.0
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	20.9
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	20.9
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	20.9
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	20.9
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	20.9
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	20.9
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	20.9
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	20.9
09287	Prickly pears, raw	149.0	1.0 cup	20.9
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	20.7
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	20.7
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	20.7
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	20.6
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	20.5
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	20.5
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	20.5
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	20.4
22987	KASHI, Pesto Pasta Primavera, Frozen Entree	283.0	1.0 package	20.4
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	20.4
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	20.4
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	20.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09038	Avocados, raw, California	230.0	1.0 cup, pureed	20.2
09062	Cherimoya, raw	160.0	1.0 cup, pieces	20.2
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	20.2
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	20.1
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	20.1
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	20.1
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	20.1
11655	Carrot juice, canned	236.0	1.0 cup	20.1
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	20.0
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	19.9
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	19.8
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	19.8
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	19.7
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	19.7
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	19.6
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	19.6
09040	Bananas, raw	225.0	1.0 cup, mashed	19.6
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	19.6
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	19.6
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	19.5
03172	Babyfood, juice, orange	31.2	1.0 fl oz	19.5
09159	Limes, raw	67.0	1.0 fruit (2" dia)	19.5
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	19.5
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	19.5
22993	KASHI, Spicy Black Bean Enchilada, Frozen Entree	255.0	1.0 package	19.4
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	19.3
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	19.2
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	19.2
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	19.1
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	19.1
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	19.0
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	18.9
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	18.9
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	18.9
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	18.9
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	18.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	18.8
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	18.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	18.8
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	18.8
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	18.6
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	18.4
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	18.4
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	18.4
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	18.4
03166	Babyfood, juice, apple	31.7	1.0 fl oz	18.4
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	18.3
08506	Cereals ready-to-eat, Ralston Corn Flakes	28.0	1.0 serving (NLEA serving size = 1 cup)	18.2
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	18.2
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	18.2
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	18.1
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	18.1
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	18.1
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	18.1
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	18.1
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	18.1
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	18.0
16595	MORNINGSTAR FARMS Veggie Sweet and Sour Chik'n, frozen, unprepared	284.0	1.0 entrée	17.9
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	17.9
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	17.8
09437	Tamarind nectar, canned	251.0	1.0 cup	17.8
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	17.8
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	17.8
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	17.7
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	17.6
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	17.6
21416	POPEYES, Coleslaw	120.0	1.0 package	17.6
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	17.5
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	17.5
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218.0	1.5 cup	17.4
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	17.3
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	17.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	17.2
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	17.2
11429	Radishes, raw	116.0	1.0 cup slices	17.2
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	17.2
11549	Tomato products, canned, sauce	245.0	1.0 cup	17.2
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	17.2
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	17.1
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	17.1
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	17.1
11199	Yardlong bean, raw	91.0	1.0 cup slices	17.1
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	17.0
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	17.0
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	17.0
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	17.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	17.0
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	17.0
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	17.0
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	17.0
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	17.0
22986	KASHI, Mayan Harvest Bake, Frozen Entree	283.0	1.0 package	17.0
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	17.0
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	16.9
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	16.8
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	16.8
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	16.8
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	16.8
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	16.8
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	16.7
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	16.6
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	16.6
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	16.6
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	16.5
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	16.5
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	16.5
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	16.5
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	16.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	16.4
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	16.4
21420	KENTUCKY FRIED CHICKEN, Coleslaw	112.0	1.0 package	16.4
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	16.3
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	16.3
21057	Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese	326.0	1.5 cup	16.3
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	16.2
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	16.2
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	16.0
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	16.0
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 patty	16.0
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	16.0
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	15.9
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	15.9
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	15.9
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	15.9
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	15.9
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	15.9
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup	15.9
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	15.7
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	15.7
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	15.7
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	15.7
11504	Swamp cabbage, cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	15.7
09279	Plums, raw	165.0	1.0 cup, sliced	15.7
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	15.7
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	15.6
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	15.6
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	15.6
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	15.6
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	15.6
08618	Cereals ready-to-eat, KELLOGG'S Pops MiXit cereal, all flavors	30.0	1.0 cup (1 NLEA serving)	15.6
09021	Apricots, raw	155.0	1.0 cup, halves	15.5
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	15.5
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	15.4
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	15.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	15.4
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	15.3
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	15.3
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	15.3
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	15.3
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	15.2
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	15.1
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	15.1
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	15.1
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	15.1
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	15.1
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	15.1
08611	Cereals ready-to-eat, KELLOGG's FIBERPLUS Cinnamon Oat Crunch	32.0	0.75 cup (1 NLEA serving)	15.0
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	15.0
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	15.0
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	15.0
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	15.0
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	15.0
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	15.0
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	15.0
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	15.0
08530	Cereals ready-to-eat, KELLOGG, SMORZ	30.0	1.0 cup (1 NLEA serving)	15.0
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	15.0
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	15.0
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	15.0
08520	Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ	30.0	1.0 cup (1 NLEA serving)	15.0
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	15.0
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	14.9
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	14.9
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	14.9
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	14.8
08612	Cereals ready-to-eat, KELLOGG's FIBERPLUS Berry Yogurt Crunch	53.0	1.0 cup (1 NLEA serving)	14.8
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	14.8
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	14.8
11352	Potato, flesh and skin, raw	75.0	0.5 cup, diced	14.8
11108	Butterbur, canned	124.0	1.0 cup, chopped	14.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 patty	14.7
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	14.7
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	14.7
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	14.7
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	14.7
09078	Cranberries, raw	110.0	1.0 cup, chopped	14.6
11591	Watercress, raw	34.0	1.0 cup, chopped	14.6
11520	Taro leaves, raw	28.0	1.0 cup	14.6
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	14.5
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	14.5
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	14.5
21503	KASHI Pizza, Mediterranean	120.0	0.33 pizza	14.4
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	14.4
09050	Blueberries, raw	148.0	1.0 cup	14.4
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	14.3
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	14.3
08605	Cereals ready-to-eat, KASHI, KASHI U	55.0	1.0 cup (1 NLEA serving)	14.3
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	14.3
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	14.3
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	14.3
11674	Potato, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	14.2
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	14.1
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	14.1
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	14.1
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	14.1
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	14.1
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	14.0
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	14.0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	13.9
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	13.9
21499	KASHI Pizza, Roasted Vegetable	116.0	0.33 pizza	13.9
09296	Quinces, raw	92.0	1.0 fruit without refuse	13.8
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	13.8
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	13.7
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	13.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	13.7
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	13.6
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	13.6
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	13.6
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	13.5
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	13.4
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	13.4
19415	Snacks, potato sticks	28.35	1.0 oz	13.4
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	13.4
11514	Sweet potato, canned, mashed	255.0	1.0 cup	13.3
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	13.3
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	13.2
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	13.1
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	13.1
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	13.1
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	13.0
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	13.0
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	13.0
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	13.0
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	13.0
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	13.0
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	13.0
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	13.0
11618	Eppaw, raw	100.0	1.0 cup	13.0
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	13.0
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	12.9
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	12.9
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	12.8
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	12.8
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	12.8
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	12.8
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	12.8
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	12.8
11161	Collards, raw	36.0	1.0 cup, chopped	12.7
11248	Lentils, sprouted, raw	77.0	1.0 cup	12.7
08507	Cereals ready-to-eat, Ralston Crispy Hexagons	29.0	1.0 serving (NLEA serving size = 1 cup)	12.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	12.6
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	12.6
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	12.6
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	12.6
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	12.6
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	12.6
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	12.6
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	12.5
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	12.5
11141	Celeriac, raw	156.0	1.0 cup	12.5
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	12.5
09326	Watermelon, raw	154.0	1.0 cup, balls	12.5
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	12.5
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	12.4
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	12.4
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	12.4
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	12.4
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	12.4
09451	Horned melon (Kiwano)	233.0	1.0 cup	12.3
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	12.3
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	12.3
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	12.3
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	12.2
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	12.2
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	12.2
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	12.2
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	12.2
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	12.2
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	12.1
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	12.1
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	12.1
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	12.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	12.1
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	12.1
11003	Amaranth leaves, raw	28.0	1.0 cup	12.1
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	12.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	12.1
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	12.1
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	12.1
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	12.1
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	12.0
36028	DENNY'S, coleslaw	91.0	1.0 serving	12.0
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	12.0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	12.0
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	12.0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	12.0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	12.0
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	11.9
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	11.9
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	11.9
11282	Onions, raw	160.0	1.0 cup, chopped	11.8
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	11.8
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	11.8
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	11.8
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	11.8
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	11.8
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	11.8
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	11.8
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	11.8
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	11.7
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	11.6
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	11.6
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	11.6
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	11.6
11961	Hearts of palm, canned	146.0	1.0 cup	11.5
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	11.5
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	11.5
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	11.5
11211	Edamame, frozen, unprepared	118.0	1.0 cup	11.4
21013	Fast foods, croissant, with egg, cheese, and ham	152.0	1.0 croissant	11.4
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	11.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11086	Beet greens, raw	38.0	1.0 cup	11.4
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	11.4
09095	Figs, dried, stewed	259.0	1.0 cup	11.4
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	11.3
11667	Seaweed, spirulina, dried	112.0	1.0 cup	11.3
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	11.3
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	11.2
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	11.2
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	11.2
07279	HORMEL WRANGLER Beef Franks	56.0	1.0 frankfurter	11.1
11693	Tomatoes, crushed, canned	121.0	0.5 cup	11.1
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	11.1
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	11.0
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	11.0
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	11.0
01090	Milk, dry, whole, with added vitamin D	128.0	1.0 cup	11.0
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	11.0
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	10.9
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	10.9
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	10.9
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	10.9
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	10.9
11683	Carrot, dehydrated	74.0	1.0 cup	10.8
11147	Chard, swiss, raw	36.0	1.0 cup	10.8
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	10.7
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	10.7
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	10.7
22955	Egg rolls, vegetable, refrigerated, heated	78.0	1.0 roll	10.7
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	10.7
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	10.7
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	10.7
19061	Snacks, trail mix, tropical	140.0	1.0 cup	10.6
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	10.6
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	10.6
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	10.6
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	10.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	10.6
43408	Babyfood, juice, pear	31.2	1.0 fl oz	10.5
44074	Babyfood, grape juice, no sugar, canned	31.2	1.0 fl oz	10.5
19366	Toppings, pineapple	340.0	1.0 cup	10.5
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	10.5
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	10.5
09294	Prune juice, canned	256.0	1.0 cup	10.5
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	10.5
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	10.4
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	10.4
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	10.4
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	10.4
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	10.4
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	10.4
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	10.4
11231	Jute, potherb, raw	28.0	1.0 cup	10.4
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	10.3
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	10.3
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	10.3
01109	Milk, sheep, fluid	245.0	1.0 cup	10.3
11846	Pumpkin, canned, with salt	245.0	1.0 cup	10.3
11424	Pumpkin, canned, without salt	245.0	1.0 cup	10.3
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	10.2
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	10.2
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	10.2
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	10.2
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	10.2
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.2
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	10.2
11943	Pimento, canned	12.0	1.0 tbsp	10.2
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	10.2
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	10.2
09236	Peaches, raw	154.0	1.0 cup slices	10.2
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	10.1
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	10.1
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	10.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	10.1
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	10.1
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	10.1
11446	Seaweed, laver, raw	26.0	10.0 sheets	10.1
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	10.0
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	10.0
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	10.0
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	10.0
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	10.0
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	10.0
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	9.9
11658	Spinach souffle	136.0	1.0 cup	9.9
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	9.9
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	9.9
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	9.9
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	9.9
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	9.9
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	9.9
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	9.9
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	9.8
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	9.8
14277	Grape drink, canned	31.3	1.0 fl oz	9.8
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	9.8
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	9.8
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	9.8
14241	Cranberry-grape juice drink, bottled	30.6	1.0 fl oz	9.8
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217.0	1.5 cup	9.8
09307	Rhubarb, raw	122.0	1.0 cup, diced	9.8
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	9.8
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	9.8
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	9.7
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	9.7
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	9.7
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	9.7
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	9.7
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	9.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	9.7
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	9.7
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	9.6
11349	Poi	240.0	1.0 cup	9.6
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	9.6
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	9.5
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	9.5
09163	Blueberries, dried, sweetened	40.0	0.25 cup	9.5
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	9.5
11212	Edamame, frozen, prepared	155.0	1.0 cup	9.5
11426	Pumpkin pie mix, canned	270.0	1.0 cup	9.4
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	9.4
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	9.4
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	9.4
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	9.4
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	9.4
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	9.3
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	9.3
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	9.3
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	9.3
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	9.3
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	9.3
11656	Corn pudding, home prepared	250.0	1.0 cup	9.2
11416	Pumpkin flowers, raw	33.0	1.0 cup	9.2
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	9.2
21056	Fast foods, salad, vegetable, tossed, without dressing, with shrimp	236.0	1.5 cup	9.2
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	9.2
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	9.2
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	9.2
11376	Potatoes, canned, drained solids	180.0	1.0 cup	9.2
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	9.2
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	9.2
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	9.2
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	9.2
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	9.2
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	9.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
25027	Snacks, plantain chips, salted	28.35	1.0 oz	9.1
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	9.1
11033	Beans, lima, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	9.1
21501	KASHI Pizza, Margherita	113.0	0.33 pizza	9.0
11522	Taro shoots, raw	43.0	0.5 cup slices	9.0
11427	Purslane, raw	43.0	1.0 cup	9.0
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	9.0
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	9.0
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	9.0
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	9.0
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	9.0
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	9.0
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	9.0
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	9.0
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	9.0
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	8.9
21102	Fast foods, chicken fillet sandwich, plain	182.0	1.0 sandwich	8.9
09299	Raisins, seeded	165.0	1.0 cup, packed	8.9
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	8.9
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	8.9
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	8.9
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	8.9
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	8.9
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	8.9
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	8.9
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	8.9
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	8.9
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	8.9
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	8.9
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	8.8
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	8.8
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	8.8
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	8.8
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	8.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	8.8
09077	Crabapples, raw	110.0	1.0 cup slices	8.8
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	8.8
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	8.7
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	8.7
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	8.7
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	8.7
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.7
16076	Lupins, mature seeds, raw	180.0	1.0 cup	8.6
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	8.6
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	8.6
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	8.6
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	8.6
16585	GARDENBURGER, Sun-Dried Tomato Basil Burger	71.0	1.0 patty	8.5
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	8.5
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	8.5
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	8.5
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	8.5
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	8.5
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	8.5
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	8.5
16069	Lentils, raw	192.0	1.0 cup	8.4
11457	Spinach, raw	30.0	1.0 cup	8.4
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	8.4
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	8.4
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	8.4
09192	Oheloberries, raw	140.0	1.0 cup	8.4
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	8.4
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	8.4
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.4
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	8.4
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.4
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.4
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09149	Kumquats, raw	19.0	1.0 fruit without refuse	8.3
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	8.3
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	8.3
14282	Grape juice drink, canned	31.3	1.0 fl oz	8.3
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	8.3
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	8.3
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	8.3
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	8.3
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	8.3
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	8.3
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	8.3
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	8.3
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	8.2
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	8.2
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	120.0	1.0 cup	8.2
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	8.2
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	120.0	1.0 cup	8.2
09216	Orange peel, raw	6.0	1.0 tbsp	8.2
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	8.2
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	8.2
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	8.1
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	8.1
20001	Amaranth, uncooked	193.0	1.0 cup	8.1
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	8.1
11096	Broccoli raab, raw	40.0	1.0 cup chopped	8.1
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	8.1
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	8.1
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	8.0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	8.0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	8.0
11963	Nopales, raw	86.0	1.0 cup, sliced	8.0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	8.0
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	8.0
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	8.0
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	7.9
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	7.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	7.9
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	7.9
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7.9
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	7.9
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	7.9
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	7.9
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7.9
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	7.9
11964	Nopales, cooked, without salt	149.0	1.0 cup	7.9
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	7.9
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	7.9
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	7.8
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	7.8
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	7.8
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	7.8
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	7.8
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	7.8
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	7.8
21489	Salad, grape and apple with yogurt and candied walnuts	163.0	1.0 item	7.8
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	7.8
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	7.8
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	7.8
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	7.8
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	7.8
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	7.8
09156	Lemon peel, raw	6.0	1.0 tbsp	7.7
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	7.7
09191	Nectarines, raw	143.0	1.0 cup slices	7.7
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	7.7
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	7.7
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	7.7
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	7.7
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	7.6
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	7.6
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	7.6
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	7.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	7.6
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	7.6
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	7.6
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	7.6
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	7.6
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	7.6
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	7.6
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	7.6
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	7.6
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	7.6
11124	Carrots, raw	128.0	1.0 cup chopped	7.6
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	7.5
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	7.5
11011	Asparagus, raw	134.0	1.0 cup	7.5
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	7.5
09229	Papaya nectar, canned	250.0	1.0 cup	7.5
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	7.5
14289	Lemonade, low calorie, with non-nutritive sweetener, powder	1.9	1.0 serving	7.5
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	7.5
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	7.5
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	7.5
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	7.4
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	7.4
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	7.4
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	7.4
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	7.4
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	7.4
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	7.4
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	7.4
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	7.3
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	7.3
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	7.3
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	7.3
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	7.3
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	7.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	7.3
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	7.3
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	7.2
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	7.2
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	7.2
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	7.2
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	7.2
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	7.2
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	7.2
14287	Lemonade, powder	18.0	1.0 serving	7.2
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	7.2
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	7.2
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	7.1
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	7.1
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	7.1
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	7.1
06036	Soup, gazpacho, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	7.1
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	7.1
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	7.1
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	7.0
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	7.0
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	7.0
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	7.0
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	7.0
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	7.0
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	7.0
11152	Chicory greens, raw	29.0	1.0 cup, chopped	7.0
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	7.0
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	7.0
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	6.9
14405	Fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	6.9
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	6.9
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	6.9
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	6.9
42279	Babyfood, peas and brown rice	230.0	1.0 cup	6.9
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	6.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	6.9
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	6.9
21128	Fast foods, corn on the cob with butter	146.0	1.0 ear	6.9
09311	Roselle, raw	57.0	1.0 cup, without refuse	6.8
01094	Milk, buttermilk, dried	120.0	1.0 cup	6.8
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	6.8
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	6.8
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	6.8
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	6.8
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	6.8
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	6.8
09085	Currants, zante, dried	144.0	1.0 cup	6.8
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	6.7
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	6.7
21065	Fast foods, burrito, with beans, cheese, and chili peppers	336.0	2.0 pieces	6.7
08215	Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	6.7
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	6.7
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	6.7
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	6.7
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	6.7
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	6.7
11080	Beets, raw	136.0	1.0 cup	6.7
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	6.7
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	6.7
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50.0	10.0 strips	6.6
05157	Quail, meat and skin, raw	109.0	1.0 quail	6.6
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	6.6
05158	Quail, meat only, raw	92.0	1.0 quail	6.6
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	6.6
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup	6.6
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	6.6
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	6.6
11878	Taro, cooked, with salt	132.0	1.0 cup slices	6.6
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	6.6
09413	Pears, raw, red anjou	126.0	1.0 small	6.6
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	6.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43476	Tofu yogurt	262.0	1.0 cup	6.6
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	6.5
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	6.5
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	6.5
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	6.5
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	6.5
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	6.4
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	6.4
08214	Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	6.4
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	6.4
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	6.4
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	6.4
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	6.4
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	6.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	6.4
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	6.4
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	6.3
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	6.3
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	6.3
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	6.3
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	6.2
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	6.2
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	6.2
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	6.2
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	6.2
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	6.2
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	6.2
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	6.2
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	6.2
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	6.2
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	6.2
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	6.2
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	6.2
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	6.2
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	6.2
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	6.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	6.1
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	6.1
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	6.1
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	6.1
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	6.1
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	6.1
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	6.1
11413	Potato flour	160.0	1.0 cup	6.1
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	6.1
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	6.1
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	6.1
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	6.1
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	6.1
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	6.0
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	6.0
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	6.0
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	6.0
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	6.0
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	6.0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	6.0
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	6.0
09252	Pears, raw	140.0	1.0 cup, slices	6.0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	6.0
08345	Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX	47.0	0.75 cup (1 NLEA serving)	6.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	6.0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	6.0
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	6.0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	6.0
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	6.0
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	6.0
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	6.0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	6.0
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	6.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	6.0
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	6.0
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	6.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	6.0
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	6.0
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	6.0
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	6.0
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	6.0
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	6.0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	6.0
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	6.0
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	6.0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	6.0
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	6.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	6.0
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	6.0
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	6.0
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	6.0
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	6.0
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	6.0
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	6.0
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	6.0
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	6.0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	6.0
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	6.0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	6.0
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	6.0
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	6.0
08667	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS Brownie Crunch	27.0	0.75 cup (1 NLEA serving)	6.0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	6.0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	6.0
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	6.0
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	6.0
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	6.0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	6.0
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	6.0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	6.0
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	6.0
16008	Beans, baked, canned, with franks	259.0	1.0 cup	6.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	6.0
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	6.0
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	6.0
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	6.0
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	6.0
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	6.0
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	6.0
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	6.0
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	6.0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	5.9
08614	Cereals ready-to-eat, KELLOGG's CRUNCHY NUT Roasted Nut and Honey O's	27.0	0.75 cup (1 NLEA serving)	5.9
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	5.9
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	5.9
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	5.9
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	5.9
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	5.9
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	5.9
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	5.9
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	5.9
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	5.9
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	5.9
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	5.9
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	5.9
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	5.9
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	5.9
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	5.8
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	5.8
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	5.8
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5.8
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	5.8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	5.8
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	5.8
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	5.8
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	5.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	5.8
19137	Toppings, strawberry	42.0	2.0 tbsp	5.8
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	5.8
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	5.8
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	5.7
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	5.7
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	5.7
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	5.7
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	5.7
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	5.7
21502	KASHI Pizza, Basil Pesto	113.0	0.33 pieces	5.6
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	5.6
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	5.6
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	5.6
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	5.6
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	5.6
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	5.6
08505	Cereals ready-to-eat, Ralston Corn Biscuits	30.0	1.0 serving (NLEA serving size = 1 cup)	5.6
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	5.5
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	5.5
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	5.5
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	5.5
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	5.5
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	5.5
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	5.5
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	5.5
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	5.5
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.5
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.5
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	5.5
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	5.5
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	5.5
11953	Squash, zucchini, baby, raw	16.0	1.0 large	5.5
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	5.4
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	5.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	5.4
21500	KASHI Pizza, Mushroom Trio & Spinach	113.0	0.33 pizza	5.4
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	5.4
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	5.4
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	5.4
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	5.4
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	5.4
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	5.4
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	5.4
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	5.4
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	5.3
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	5.3
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	5.3
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	5.3
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	5.3
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5.3
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	5.3
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	5.3
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.3
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	5.3
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	5.3
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	5.3
19411	Snacks, potato chips, plain, salted	28.35	1.0 oz	5.3
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	5.3
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	5.3
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	5.3
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	5.3
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	5.3
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	5.2
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	5.2
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	5.2
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	5.2
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	5.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	5.2
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	5.2
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	5.2
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	5.1
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	5.1
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	5.1
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	5.1
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	5.1
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	5.1
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5.1
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	5.1
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	5.1
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	5.1
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5.1
05154	Pheasant, raw, meat only	85.0	3.0 oz	5.1
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	5.1
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	5.1
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	5.1
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	5.1
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	5.1
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	5.1
16009	Beans, baked, canned, with pork	253.0	1.0 cup	5.1
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	5.1
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	5.0
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	5.0
07208	OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)	56.0	1.0 serving	5.0
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	5.0
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	5.0
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.0
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	5.0
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	5.0
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	4.9
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	4.9
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	4.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.9
27019	CAMPBELL'S SELECT Soup, Harvest Tomato with Basil Soup	245.0	1.0 cup	4.9
27025	CAMPBELL'S SELECT Gold Label Soups, Italian Tomato & Basil Soup	245.0	1.0 cup	4.9
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.9
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	4.9
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	4.9
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	4.9
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	4.9
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	4.9
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	4.8
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	4.8
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	4.8
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	4.8
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.8
08635	Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, 25% Reduced Sugar	24.0	0.75 cup (1 NLEA serving)	4.8
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	4.8
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	4.8
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	4.8
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	4.8
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	4.8
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	4.8
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4.8
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4.8
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	4.8
16007	Beans, baked, canned, with beef	266.0	1.0 cup	4.8
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	4.8
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	4.8
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	4.8
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.8
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	4.8
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	4.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	4.8
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	4.8
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	4.8
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	4.7
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	4.7
21070	Fast foods, chimichanga, with beef	174.0	1.0 chimichanga	4.7
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	4.7
11518	Taro, raw	104.0	1.0 cup, sliced	4.7
11973	Beans, fava, in pod, raw	126.0	1.0 cup	4.7
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	4.7
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	4.6
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	4.6
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	4.6
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.6
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	4.6
21076	Fast foods, enchirito, with cheese, beef, and beans	193.0	1.0 enchirito	4.6
07052	Pastrami, turkey	57.0	2.0 slices	4.6
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	4.6
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	4.6
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	4.6
09165	Litchis, dried	2.5	1.0 fruit	4.6
07007	Bologna, beef	30.0	1.0 slice	4.6
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	4.6
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	4.5
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	4.5
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.5
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	4.5
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	4.5
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	4.5
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	4.5
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	4.5
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	4.5
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	4.5
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	4.5
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	4.5
08074	Cereals ready-to-eat, Ralston TASTEEOS	30.0	1.0 cup (1 NLEA serving)	4.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	4.5
06035	Soup, escarole, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	4.5
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	4.5
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	4.5
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	4.5
21353	McDONALD'S, BIG 'N TASTY with Cheese	247.0	1.0 item	4.4
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	4.4
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	4.4
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	4.4
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	4.4
21354	McDONALD'S, BIG 'N TASTY with Cheese (without mayonnaise)	233.0	1.0 item	4.4
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	4.4
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	4.4
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	4.4
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	4.4
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	4.4
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	4.4
21351	McDONALD'S, BIG 'N TASTY	232.0	1.0 item	4.4
09004	Apples, raw, without skin	110.0	1.0 cup slices	4.4
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	4.4
12077	Nuts, beechnuts, dried	28.35	1.0 oz	4.4
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	4.4
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	4.4
21352	McDONALD'S, BIG 'N TASTY (without mayonnaise)	218.0	1.0 item	4.4
16059	Chili with beans, canned	256.0	1.0 cup	4.4
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.3
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	4.3
05159	Quail, breast, meat only, raw	85.0	3.0 oz	4.3
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	4.3
11362	Potatoes, raw, skin	38.0	1.0 skin	4.3
22911	Chili, no beans, canned entree	240.0	1.0 cup	4.3
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	4.3
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	4.3
11418	Pumpkin leaves, raw	39.0	1.0 cup	4.3
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	4.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	4.3
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	4.3
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	4.3
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	4.3
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	4.3
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	4.2
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	4.2
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	4.2
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	4.2
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	4.2
05150	Goose, liver, raw	94.0	1.0 liver	4.2
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	4.2
09322	Tamarinds, raw	120.0	1.0 cup, pulp	4.2
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	4.2
21048	Fast foods, oysters, battered or breaded, and fried	139.0	6.0 pieces	4.2
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	4.1
11056	Beans, snap, green, canned, regular pack, drained solids	153.0	1.0 cup solids	4.1
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	4.1
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	4.1
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	4.1
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	4.1
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	4.1
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	4.1
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	4.1
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	4.1
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	4.1
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	4.1
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	4.1
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	4.1
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	4.1
21086	Fast foods, tostada, with beans, beef, and cheese	225.0	1.0 piece	4.0
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	4.0
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	4.0
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	4.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	4.0
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	4.0
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	4.0
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	4.0
09446	Plantains, green, fried	118.0	1.0 cup	4.0
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	4.0
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4.0
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	4.0
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.0
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	4.0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	4.0
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	4.0
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	4.0
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	4.0
11954	Tomatillos, raw	34.0	1.0 medium	4.0
21238	McDONALD'S, French Fries	71.0	1.0 small serving	4.0
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	4.0
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	4.0
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	4.0
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	4.0
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	4.0
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	3.9
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	3.9
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	3.9
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	3.9
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	3.9
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	3.9
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	3.9
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	3.9
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	3.9
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	3.9
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	3.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	3.9
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	3.9
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	3.9
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	3.9
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	3.9
08510	Milk and cereal bar	25.0	1.0 bar	3.8
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	3.8
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	3.8
12084	Nuts, butternuts, dried	120.0	1.0 cup	3.8
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	3.8
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	3.8
31023	Sweet Potatoes, french fried, frozen, unprepared	85.0	3.0 oz	3.8
01057	Eggnog	254.0	1.0 cup	3.8
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	3.8
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	3.8
09298	Raisins, seedless	165.0	1.0 cup, packed	3.8
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	3.8
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	3.8
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	3.8
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	3.8
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	3.8
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	3.8
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.7
07011	Bologna, turkey	28.0	0.99 oz 1 serving	3.7
07960	Bologna, chicken, pork	28.0	1.0 serving	3.7
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	3.7
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	3.7
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	3.7
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	3.7
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	3.7
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	3.7
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	3.7
06507	CAMPBELL'S SELECT Gold Label Soups, Blended Red Pepper Black Bean Soup	245.0	1.0 cup	3.7
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	3.7
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	3.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	3.7
21088	Tostada with guacamole	261.0	2.0 pieces	3.7
21068	Fast foods, burrito, with beef, cheese, and chili peppers	304.0	2.0 pieces	3.6
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	3.6
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	3.6
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	3.6
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	3.6
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	3.6
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	3.6
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	3.6
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	3.6
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	3.6
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	3.6
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	3.6
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	3.6
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	3.6
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	3.6
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	3.6
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	21.0	0.75 cup	3.6
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	3.6
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	3.6
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	3.6
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	3.6
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	3.6
21083	Fast foods, taco salad	198.0	1.5 cup	3.6
11122	Cardoon, raw	178.0	1.0 cup, shredded	3.6
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	3.6
16085	Peas, split, mature seeds, raw	197.0	1.0 cup	3.5
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	3.5
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	3.5
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	3.5
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	3.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	3.5
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	3.5
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	3.5
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	3.5
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	3.5
11970	Cabbage, napa, cooked	109.0	1.0 cup	3.5
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	3.5
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	3.5
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	3.5
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	3.5
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.5
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	3.4
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	3.4
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	3.4
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	3.4
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	3.4
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	3.4
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	3.4
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	3.4
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	3.4
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	3.4
21084	Fast foods, taco salad with chili con carne	261.0	1.5 cup	3.4
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	3.4
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.4
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	3.4
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	3.4
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	3.4
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	3.3
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	3.3
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	3.3
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	3.3
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	3.3
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	3.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	3.3
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	3.3
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.3
16144	Lentils, pink, raw	192.0	1.0 cup	3.3
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	3.2
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	3.2
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	3.2
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	3.2
15062	Fish, pike, northern, raw	85.0	3.0 oz	3.2
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	3.2
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	3.2
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	3.2
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	3.2
11952	Radicchio, raw	40.0	1.0 cup, shredded	3.2
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	3.2
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	3.2
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	3.2
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.2
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	3.2
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	3.2
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	3.2
21027	Fast foods, brownie	60.0	1.0 brownie (2" square)	3.2
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	3.2
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	3.2
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	3.2
35147	Tamales (Navajo)	186.0	1.0 piece	3.2
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	3.2
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	3.2
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	3.1
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	3.1
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	3.1
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	3.1
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	3.1
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	3.1
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	3.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	3.1
11143	Celery, raw	101.0	1.0 cup chopped	3.1
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	3.1
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	3.1
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	3.1
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	3.1
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	3.1
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	3.1
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	3.1
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	3.1
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	3.1
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	3.1
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	3.1
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	3.1
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	3.1
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	3.1
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	3.0
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	3.0
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	3.0
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	3.0
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	3.0
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	3.0
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	3.0
11154	Chicory roots, raw	60.0	1.0 root	3.0
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	3.0
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	3.0
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	3.0
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	3.0
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	3.0
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	3.0
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	3.0
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	3.0
21103	Fast foods, chicken fillet sandwich, with cheese	228.0	1.0 sandwich	3.0
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	3.0
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	3.0
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	2.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	2.9
06499	Soup, tomato vegetable, dry, mix, prepared with water	245.0	1.0 cup 8 fl oz	2.9
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	2.9
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	2.9
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	2.9
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	2.9
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	2.9
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	2.9
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	2.9
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	2.9
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	2.9
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	2.9
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	2.9
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	2.9
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 serving	2.8
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.8
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	2.8
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	2.8
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	2.8
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	2.8
20087	Wheat, sprouted	108.0	1.0 cup	2.8
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	2.8
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	2.8
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	2.8
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	2.8
16005	Beans, baked, home prepared	253.0	1.0 cup	2.8
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	146.0	1.0 serving	2.8
21116	Fast foods, ham and cheese sandwich	146.0	1.0 sandwich	2.8
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	2.8
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	2.8
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	2.8
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2.8
21071	Fast foods, chimichanga, with beef and cheese	183.0	1.0 chimichanga	2.7
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	2.7
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	2.7
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	2.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	2.7
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	2.7
21117	Fast foods, ham, egg, and cheese sandwich	143.0	1.0 sandwich	2.7
11285	Onions, canned, solids and liquids	63.0	1.0 onion	2.7
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	2.7
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	2.7
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	2.7
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.7
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	2.7
21247	WENDY'S, French Fries	71.0	1.0 kid's meal Serving	2.7
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	2.7
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	2.7
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	2.7
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	2.7
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	2.7
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	2.7
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	2.7
09172	Longans, raw	3.2	1.0 fruit without refuse	2.7
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	2.7
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.7
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	2.7
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item 6.279 oz	2.7
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	2.7
19314	Pie fillings, canned, cherry	74.0	0.125 can	2.7
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	2.6
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	2.6
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	2.6
36610	DENNY'S, French fries	165.0	1.0 serving	2.6
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	2.6
14462	Beverages, QUAKER OATS, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	2.6
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	2.6
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	2.6
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	2.6
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	2.6
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	2.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	2.6
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	2.6
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	2.6
21087	Fast foods, tostada, with beef and cheese	163.0	1.0 piece	2.6
11986	Malabar spinach, cooked	44.0	1.0 cup	2.6
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	2.6
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	2.6
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	2.6
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	2.6
03216	Babyfood, teething biscuits	28.35	1.0 oz	2.6
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	2.6
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	2.6
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	2.6
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	2.6
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	2.6
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	2.6
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	2.6
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	2.6
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	2.5
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	2.5
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	2.5
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	28.0	1.0 serving (1 slice)	2.5
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	2.5
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	2.5
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	2.5
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	2.5
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	2.5
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	2.5
07080	Turkey ham, cured turkey thigh meat	28.0	0.99 oz 1 serving	2.5
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	2.5
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	2.5
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	2.5
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	2.5
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	2.5
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	2.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) 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	2.5
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	2.5
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	2.5
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	2.5
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	2.5
06546	CAMPBELL'S SELECT Soup, Potato Broccoli Cheese Soup	245.0	1.0 cup	2.4
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	2.4
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	2.4
06464	CAMPBELL'S CHUNKY Soups, Tantalizin' Turkey - Turkey Chili with Beans Soup	245.0	1.0 serving	2.4
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	2.4
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	2.4
06420	CAMPBELL'S CHUNKY Soups, Hearty Vegetable with Pasta Soup	245.0	1.0 cup	2.4
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	2.4
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	2.4
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	2.4
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	2.4
06427	CAMPBELL'S CHUNKY Soups, Italian Sausage & Peppers Soup	245.0	1.0 cup	2.4
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	2.4
06587	CAMPBELL'S SOUP AT HAND, Chicken with Mini Noodles Soup	305.0	1.0 serving	2.4
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.4
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	2.4
27022	CAMPBELL'S SOUP AT HAND, 25% Less Sodium Chicken with Mini Noodles Soup	305.0	1.0 serving	2.4
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	2.4
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	2.4
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.4
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	2.4
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2.4
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	2.4
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	2.4
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	2.4
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	2.4
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	2.4
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	2.4
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	2.4
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	2.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	2.4
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	2.4
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	2.4
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	2.4
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	2.4
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	2.4
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	2.4
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	2.4
14351	Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	2.4
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	2.4
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	2.4
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	2.4
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	2.4
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	2.4
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	2.4
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	2.4
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	2.4
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	2.4
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.4
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.4
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	2.4
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	2.4
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	2.4
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	2.4
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	2.4
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	2.4
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	2.3
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	2.3
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1.0 oz	2.3
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	2.3
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.3
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.3
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	2.3
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	2.3
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	2.3
11697	Arrowroot, raw	120.0	1.0 cup, sliced	2.3
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	2.3
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	2.3
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	2.3
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	2.3
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	2.2
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	2.2
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	2.2
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	2.2
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	2.2
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	2.2
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	2.2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	2.2
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	2.2
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	2.2
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.2
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.2
06971	Sauce, worcestershire	17.0	1.0 tbsp	2.2
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	2.2
01089	Milk, low sodium, fluid	244.0	1.0 cup	2.2
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	2.2
21012	Fast foods, croissant, with egg, cheese, and bacon	129.0	1.0 croissant	2.2
11447	Sesbania flower, raw	3.0	1.0 flower	2.2
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)	2.2
01115	Whey, sweet, dried	145.0	1.0 cup	2.2
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	2.2
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	2.2
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	2.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	2.1
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	2.1
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	2.1
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	2.1
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	2.1
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.1
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	2.1
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.1
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.1
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	2.1
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.1
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.1
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.1
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	2.1
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.1
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.1
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.1
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	2.1
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	2.1
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	2.1
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	2.1
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	2.1
19059	Snacks, trail mix, regular	150.0	1.0 cup	2.1
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	2.1
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	2.1
35198	Plains Pricklypear, raw (Northern Plains Indians)	19.0	1.0 pad peeled	2.1
21026	Fast foods, potatoes, hashed brown	72.0	0.5 cup	2.1
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	2.1
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	2.1
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	2.1
16172	Refried beans, canned, fat-free	231.0	1.0 cup	2.1
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	2.1
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	2.0
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	2.0
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.0
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	2.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	2.0
06500	Soup, vegetable beef, dry, mix, prepared with water	253.0	1.0 cup 8 fl oz	2.0
36007	T.G.I. FRIDAY'S, French fries	184.0	1.0 serving	2.0
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	2.0
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	2.0
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	2.0
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	2.0
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 patty	2.0
06165	Sauce, homemade, white, thin	250.0	1.0 cup	2.0
06166	Sauce, homemade, white, medium	250.0	1.0 cup	2.0
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	2.0
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	2.0
03213	Babyfood, cookies	28.35	1.0 oz	2.0
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	2.0
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	2.0
18459	Breakfast tart, low fat	52.0	1.0 tart	2.0
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	2.0
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	2.0
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	2.0
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	2.0
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	2.0
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	2.0
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	1.9
07911	Liverwurst spread	55.0	0.25 cup	1.9
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	1.9
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	1.9
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	1.9
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.9
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.9
07079	Turkey breast, sliced, oven roasted, luncheon meat	33.0	1.0 serving	1.9
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	1.9
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	1.9
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.9
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.9
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	1.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	1.9
15128	Fish, tuna salad	85.0	3.0 oz	1.9
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	1.9
36014	Restaurant, family style, French fries	170.0	1.0 serving	1.9
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	1.9
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	1.9
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	1.9
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	1.9
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	1.8
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	1.8
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	1.8
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	1.8
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	1.8
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	1.8
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	1.8
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.8
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.8
11209	Eggplant, raw	82.0	1.0 cup, cubes	1.8
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	1.8
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	1.8
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	1.8
21073	Fast foods, chimichanga, with beef, cheese, and red chili peppers	180.0	1.0 chimichanga	1.8
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	1.8
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	1.8
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	1.8
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	1.8
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	1.8
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	1.8
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	1.8
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	1.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	1.8
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	1.8
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	1.8
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	1.8
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.8
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	1.8
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.8
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	1.8
09094	Figs, dried, uncooked	149.0	1.0 cup	1.8
19400	Snacks, banana chips	28.35	1.0 oz	1.8
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.8
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	1.8
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	1.8
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.8
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.8
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	1.8
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	1.8
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	1.8
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	1.8
19719	Jams and preserves, apricot	20.0	1.0 tbsp	1.8
19297	Jams and preserves	20.0	1.0 tbsp	1.8
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	1.8
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	1.8
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	1.8
06167	Sauce, homemade, white, thick	250.0	1.0 cup	1.8
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	1.8
11156	Chives, raw	3.0	1.0 tbsp chopped	1.7
11972	Lemon grass (citronella), raw	67.0	1.0 cup	1.7
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	1.7
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	1.7
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	1.7
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	1.7
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	1.7
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	1.7
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	1.7
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.7
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	1.7
19296	Honey	339.0	1.0 cup	1.7
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	1.7
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	1.7
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	1.7
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	1.7
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	1.7
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	1.7
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	1.7
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	1.7
14421	Coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	1.7
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1.7
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.7
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	1.6
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	1.6
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	1.6
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	1.6
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	1.6
21249	BURGER KING, French Fries	74.0	1.0 small serving	1.6
11213	Endive, raw	25.0	0.5 cup, chopped	1.6
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	1.6
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	1.6
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	1.6
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	1.6
21067	Fast foods, burrito, with beef and chili peppers	201.0	2.0 pieces	1.6
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	1.6
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.6
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	1.6
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	1.6
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	1.6
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	1.6
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	1.6
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	1.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	1.6
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	1.6
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.6
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	1.6
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	1.6
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	1.6
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1.6
11145	Celtuce, raw	8.0	1.0 leaf	1.6
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	1.6
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	1.6
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	1.6
11974	Grape leaves, raw	14.0	1.0 cup	1.6
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	1.6
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1.6
11941	Pickles, cucumber, sour	155.0	1.0 cup	1.6
21069	Fast foods, burrito, with fruit (apple or cherry)	155.0	1.0 burrito, large	1.6
09423	Prune puree	36.0	2.0 tbsp	1.5
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	1.5
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	1.5
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	1.5
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	1.5
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	1.5
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	1.5
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.5
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	1.5
07939	Frankfurter, pork	76.0	1.0 link	1.5
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	1.5
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	1.5
21042	Fast foods, chili con carne	253.0	1.0 cup (8 fl oz)	1.5
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	1.5
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	1.5
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	1.5
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	1.5
14187	Clam and tomato juice, canned	30.2	1.0 fl oz	1.5
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	1.5
21077	Fast foods, frijoles with cheese	167.0	1.0 cup	1.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	1.5
03217	Zwieback	28.35	1.0 oz	1.5
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	1.5
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.5
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.5
09174	Loquats, raw	149.0	1.0 cup, cubed	1.5
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.5
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.5
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	1.5
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.5
11151	Chicory, witloof, raw	53.0	1.0 head	1.5
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	1.5
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	1.5
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	1.5
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	1.5
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	1.5
21104	Fast foods, egg and cheese sandwich	146.0	1.0 sandwich	1.5
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	1.5
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	1.4
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	1.4
15129	Fish, turbot, european, raw	85.0	3.0 oz	1.4
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	1.4
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	1.4
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.4
05152	Guinea hen, meat only, raw	85.0	3.0 oz	1.4
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.4
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	1.4
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	1.4
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	1.4
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	1.4
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	1.4
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.4
19524	Snacks, taro chips	28.35	1.0 oz	1.4
17174	Game meat, muskrat, raw	28.35	1.0 oz	1.4
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	1.4
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1.4
03210	Babyfood, cereal, rice, with mixed fruit, junior	15.0	1.0 tbsp	1.4
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	1.4
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	1.4
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	1.4
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.4
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	1.4
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	1.4
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	1.4
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.4
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	1.4
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	1.4
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	1.4
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	1.4
15049	Fish, mackerel, king, raw	85.0	3.0 oz	1.4
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.4
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	1.4
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.4
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	1.4
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.4
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1.4
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.4
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.4
15008	Fish, carp, raw	85.0	3.0 oz	1.4
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	1.3
21075	Fast foods, enchilada, with cheese and beef	192.0	1.0 enchilada	1.3
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	1.3
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	1.3
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	1.3
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	1.3
11615	Chives, freeze-dried	0.2	1.0 tbsp	1.3
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	1.3
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	1.3
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	1.3
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	1.3
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	1.3
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	1.3
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	1.3
21085	Fast foods, tostada, with beans and cheese	144.0	1.0 piece	1.3
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	1.3
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	1.3
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	1.3
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	1.3
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	1.3
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	1.3
02049	Thyme, fresh	0.8	1.0 tsp	1.3
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	1.3
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 piece with sauce	1.3
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.3
21509	BURGER KING, Onion Rings	91.0	1.0 small	1.3
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	1.3
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	1.3
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	1.3
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	1.0 serving 1/2 cup	1.3
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	1.3
06029	HEALTHY REQUEST, Chicken with Rice, condensed	126.0	0.5 cup	1.3
06381	CAMPBELL'S Red and White, Southwestern-Style Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	1.3
19312	Pie fillings, apple, canned	74.0	0.125 can	1.3
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	1.3
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.2
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.2
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.2
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.2
02055	Horseradish, prepared	5.0	1.0 tsp	1.2
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	1.2
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	1.2
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	1.2
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	1.2
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.2
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	1.2
06554	CAMPBELL'S SELECT Soup, Slow Roasted Beef and Vegetables Soup	248.0	1.0 cup	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.2
11947	Pickles, cucumber, dill, low sodium	65.0	1.0 medium	1.2
21387	BURGER KING, Hash Brown Rounds	77.0	1.0 serving small	1.2
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	1.2
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	1.2
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	245.0	1.0 cup	1.2
06424	CAMPBELL'S CHUNKY Soups, Honey Roasted Ham with Potatoes Soup	245.0	1.0 cup	1.2
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	1.2
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	1.2
06247	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken with Vegetables and Pasta Soup, ready-to-serve	245.0	1.0 serving 1 cup	1.2
06553	CAMPBELL'S SELECT Soup, Savory White Bean with Roasted Ham Soup	245.0	1.0 cup	1.2
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	1.2
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	1.2
06435	CAMPBELL'S CHUNKY Soups, Pepper Steak Soup	245.0	1.0 cup	1.2
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	1.2
27026	CAMPBELL'S SELECT Gold Label Soups, Southwestern Corn Chowder	245.0	1.0 cup	1.2
27004	CAMPBELL'S CHUNKY Soups, Beef Stew - Fully Loaded	245.0	1.0 cup	1.2
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	1.2
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	1.2
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	1.2
06454	CAMPBELL'S CHUNKY Soups, Sizzlin' Steak- Grilled Steak Chili with Beans	245.0	1.0 cup	1.2
21062	Fast foods, burrito, with beans and chili peppers	204.0	2.0 pieces	1.2
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	1.2
06593	CAMPBELL'S SOUP AT HAND, Italian Style Wedding Soup	305.0	1.0 serving	1.2
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.2
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	1.2
27027	PACE, Pico De Gallo	32.0	1.0 serving	1.2
27028	PACE, Salsa Verde	32.0	1.0 serving	1.2
06452	Soup, pepperpot, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	1.2
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	1.2
08502	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	55.0	1.0 cup	1.2
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	1.2
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	1.2
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.2
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06599	PACE, Enchilada Sauce	60.0	0.25 cup	1.2
12142	Nuts, pecans	109.0	1.0 cup, chopped	1.2
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	1.2
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	1.2
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	1.2
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.2
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	1.2
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	1.2
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	1.2
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.2
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	1.2
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.2
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	1.2
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	1.2
16137	Hummus, home prepared	15.0	1.0 tablespoon	1.2
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.2
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	1.2
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	1.2
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	1.2
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	1.2
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	1.2
19912	Sweetener, syrup, agave	6.9	1.0 tsp	1.2
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.2
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.2
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.2
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.2
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	1.2
08458	Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry	29.0	0.75 cup (1 NLEA serving)	1.2
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	1.2
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	1.2
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	1.2
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	1.2
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.2
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.2
36002	APPLEBEE'S, French fries	164.0	1.0 serving	1.1
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11937	Pickles, cucumber, dill or kosher dill	143.0	1.0 cup, chopped or diced	1.1
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	1.1
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	1.1
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	1.1
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	1.1
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	1.1
17172	Game meat, moose, raw	28.35	1.0 oz	1.1
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	1.1
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1.1
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	1.1
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	1.1
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	1.1
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.1
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	1.1
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	1.1
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor	158.0	1.0 cup	1.1
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	1.1
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	1.1
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	1.1
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	1.1
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	1.1
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	1.1
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.1
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	1.1
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	1.1
21066	Fast foods, burrito, with beef	220.0	2.0 pieces	1.1
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1.1
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.1
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	1.1
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	1.1
12147	Nuts, pine nuts, dried	135.0	1.0 cup	1.1
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	1.1
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	1.1
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	1.1
03215	Babyfood, pretzels	28.35	1.0 oz	1.1
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	1.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	1.1
21332	McDONALD'S, Strawberry TRIPLE THICK Shake	265.0	12.0 fl oz cup child size	1.1
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	1.1
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	1.0
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	1.0
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	1.0
21140	Side dishes, potato salad	95.0	0.333 cup	1.0
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	1.0
06979	Adobo fresco	18.0	1.0 tbsp	1.0
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	1.0
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	1.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	1.0
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	1.0
07220	OSCAR MAYER, Liver Cheese, pork fat wrapped	38.0	1.0 slice	1.0
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	1.0
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	1.0
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.0
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.0
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	1.0
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	1.0
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	1.0
06493	Soup, mushroom, dry, mix, prepared with water	253.0	1.0 cup	1.0
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	1.0
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	1.0
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	1.0
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.0
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	1.0
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.0
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	1.0
22971	Potato salad with egg	125.0	0.5 cup	1.0
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	1.0
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	1.0
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	1.0
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.0
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	1.0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	1.0
19367	Toppings, nuts in syrup	328.0	1.0 cup	1.0
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	1.0
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	1.0
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	1.0
21074	Fast foods, enchilada, with cheese	163.0	1.0 enchilada	1.0
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.0
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	1.0
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	1.0
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	1.0
20131	Barley malt flour	162.0	1.0 cup	1.0
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	1.0
06455	Soup, scotch broth, canned, prepared with equal volume water	241.0	1.0 cup	1.0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.0
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1.0
06183	Soup, chicken broth, canned, less/reduced sodium	240.0	1.0 cup	1.0
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1.0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	1.0
19303	Marmalade, orange	20.0	1.0 tbsp	1.0
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1.0
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	1.0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	1.0
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1.0
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.0
14290	Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water	29.8	1.0 fl oz	1.0
21319	McDONALD'S, Hash Brown	56.0	2.0 oz	1.0
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	1.0
43584	Cereals ready-to-eat, amaranth flakes	38.0	1.0 cup	1.0
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.9
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.9
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.9
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.9
03279	Babyfood, dinner, mixed vegetable, junior	28.35	1.0 oz	0.9
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.9
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.9
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	0.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	0.9
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.9
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.9
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.9
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.9
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.9
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.9
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.9
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.9
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.9
21340	McDONALD'S, Sausage Burrito	113.0	1.0 item 3.993 oz	0.9
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.9
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.9
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.9
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.9
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.9
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.9
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.9
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.9
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.9
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.9
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.9
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.9
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.9
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.9
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	0.9
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.9
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.9
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0.9
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.9
06055	Soup, scotch broth, canned, condensed	123.0	0.5 cup (4 fl oz)	0.9
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.9
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.9
07040	Liver cheese, pork	28.35	1.0 oz	0.9
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.8
02045	Dill weed, fresh	1.0	5.0 sprigs	0.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.8
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.8
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.8
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.8
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.8
15054	Fish, monkfish, raw	85.0	3.0 oz	0.8
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.8
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.8
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.8
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.8
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.8
07059	Polish sausage, pork	85.0	3.0 oz	0.8
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.8
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.8
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.8
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.8
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.8
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.8
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	1.67 tablespoon	0.8
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	0.8
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.8
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.8
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.8
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.8
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.8
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.8
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.8
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.8
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.8
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.8
21029	Fast foods, cookies, animal crackers	67.0	1.0 box	0.8
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.8
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.8
07008	Bologna, beef and pork	100.0	3.527 oz	0.8
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.8
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.8
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.8
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.8
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.8
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	0.8
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.8
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	0.8
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.8
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.8
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.8
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.8
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.8
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.8
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.8
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.8
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.8
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.8
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.8
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.8
21019	Fast foods, english muffin, with butter	63.0	1.0 muffin	0.8
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.8
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.8
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	0.7
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.7
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.7
02001	Spices, allspice, ground	1.9	1.0 tsp	0.7
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.7
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.7
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.7
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.7
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.7
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.7
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.7
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.7
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.7
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.7
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.7
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.7
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	0.7
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.7
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.7
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.7
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.7
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.7
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.7
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.7
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.7
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.7
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.7
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.7
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.7
02039	Spices, savory, ground	1.4	1.0 tsp	0.7
11935	Catsup	17.0	1.0 tbsp	0.7
11949	Catsup, low sodium	17.0	1.0 tbsp	0.7
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.7
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.7
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.7
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.7
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.7
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.7
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.7
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.7
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.7
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.7
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.7
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.7
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.7
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.7
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.7
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.7
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	0.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.7
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.7
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.7
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.7
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	0.7
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.7
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.7
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.7
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.7
43282	Quail, cooked, total edible	28.35	1.0 oz	0.7
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.7
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.6
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.6
16589	MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared	64.0	1.0 link	0.6
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.6
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.6
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.6
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.6
02029	Spices, parsley, dried	0.5	1.0 tsp	0.6
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.6
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.6
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.6
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0.6
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.6
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.6
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	0.6
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	0.6
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.6
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	0.6
14311	Malted drink mix, natural, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.6
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.6
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.6
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.6
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.6
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.6
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.6
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.6
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	0.6
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.6
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.6
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.6
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.6
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.6
06114	Gravy, au jus, canned	59.0	0.25 cup	0.6
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.6
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	0.6
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.6
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.6
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron	16.0	1.0 tbsp	0.6
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.6
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.6
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.6
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.6
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.6
08606	Cereals ready-to-eat, BEAR NAKED Banana Nut	57.0	0.75 cup (1 NLEA serving)	0.6
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.6
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.6
17150	Game meat, beaver, raw	28.35	1.0 oz	0.6
07026	Ham, chopped, canned	28.35	1.0 oz	0.6
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.6
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.6
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.6
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.6
02037	Spices, saffron	0.7	1.0 tsp	0.6
02026	Spices, onion powder	2.4	1.0 tsp	0.6
08607	Cereals ready-to-eat, BEAR NAKED Cranberry Raisin	56.0	0.67 cup (1 NLEA serving)	0.6
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.6
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	0.6
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.6
21030	Fast foods, cookies, chocolate chip	55.0	1.0 box	0.6
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	137.0	1.0 cup	0.5
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	0.5
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	0.5
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	0.5
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.5
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.5
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.5
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.5
16145	Beans, red, kidney, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.5
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.5
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0.5
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.5
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.5
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.5
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.5
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.5
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.5
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.5
01113	Whey, acid, dried	57.0	1.0 cup	0.5
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.5
21391	Fast foods, hamburger; single, large patty; with condiments	171.0	1.0 item	0.5
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.5
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.5
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.5
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.5
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.5
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.5
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.5
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.5
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.5
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.5
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.5
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.5
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.5
01261	Yogurt, Greek, CHOBANI CHAMPIONS, VERY BERRY	102.0	1.0 container	0.5
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.5
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.5
19872	Frozen novelties, Fat Free FUDGESICLE bars	51.0	1.0 serving 1 pop	0.5
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.5
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.5
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.5
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.5
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.5
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.5
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.5
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.5
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	0.5
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.5
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.5
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	0.5
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.5
07276	HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned	56.0	1.0 serving 2 oz	0.5
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.5
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.5
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.5
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.5
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	0.5
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.5
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.5
01225	Dulce de Leche	19.0	1.0 tbsp	0.5
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.5
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.5
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.5
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.5
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.5
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.5
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.5
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.5
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.5
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14531	Beverages, alcoholic , whiskey sour	30.4	1.0 fl oz	0.5
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.5
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.5
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.5
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.5
19435	Snacks, granola bar, fruit-filled, nonfat	28.35	1.0 oz	0.5
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0.5
18354	Strudel, apple	28.35	1.0 oz	0.5
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.5
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.5
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.5
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.5
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.5
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.5
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.5
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.5
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.5
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.5
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.5
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.5
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.5
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.5
09173	Longans, dried	1.7	1.0 fruit	0.5
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0.5
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.5
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	0.5
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	0.5
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.5
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.5
35199	Plains Pricklypear, broiled (Northern Plains Indians)	7.5	1.0 pad	0.5
14024	Whiskey sour mix, powder	17.0	1.0 packet	0.5
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.5
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	0.5
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.5
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.5
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11975	Grape leaves, canned	4.0	1.0 leaf	0.5
08489	Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.4
02044	Basil, fresh	2.5	5.0 leaves	0.4
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.4
07269	BUTCHER BOY MEATS, INC., Turkey Franks	56.0	1.0 serving	0.4
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.4
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.4
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.4
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	0.4
02016	Spices, dill seed	2.1	1.0 tsp	0.4
02005	Spices, caraway seed	2.1	1.0 tsp	0.4
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.4
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.4
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.4
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.4
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.4
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	0.4
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.4
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.4
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.4
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.4
08418	Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry	54.0	1.0 container	0.4
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.4
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.4
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.4
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.4
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.4
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.4
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.4
16555	MORNINGSTAR FARMS MeatFree Buffalo Wings, frozen, unprepared	85.0	5.0 wing	0.4
07951	Scrapple, pork	17.0	1.0 cubic inch	0.4
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.4
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.4
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.4
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.4
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.4
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.4
06099	Soup, tomato vegetable, dry, mix	1.2	1.0 tbsp	0.4
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.4
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.4
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.4
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.4
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.4
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.4
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.4
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.4
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.4
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.4
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.4
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.4
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.4
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.4
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.4
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.4
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.4
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.4
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.4
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.4
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	0.4
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.4
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.4
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.4
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.4
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.4
11960	Carrots, baby, raw	15.0	1.0 large	0.4
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.4
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.4
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.4
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.4
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	0.4
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21072	Fast foods, chimichanga, with beef and red chili peppers	190.0	1.0 chimichanga	0.4
02013	Spices, coriander seed	1.8	1.0 tsp	0.4
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.4
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.4
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.4
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.4
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.4
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.4
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.4
02054	Capers, canned	8.6	1.0 tbsp, drained	0.4
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet	0.4
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.4
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.4
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.4
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.4
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	28.35	1.0 oz	0.4
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.4
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.4
06077	Soup, beef noodle, dry, mix	9.2	1.0 packet	0.4
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.4
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.4
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.4
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0.4
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.4
02022	Spices, mace, ground	1.7	1.0 tsp	0.4
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.4
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.4
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.4
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.4
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.4
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	0.4
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.3
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.3
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.3
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.3
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.3
02007	Spices, celery seed	2.0	1.0 tsp	0.3
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.3
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	0.3
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.3
18092	Cake, carrot, dry mix, pudding-type	28.35	1.0 oz	0.3
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.3
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.3
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.3
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.3
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.3
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.3
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.3
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.3
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.3
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.3
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.3
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.3
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.3
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.3
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.3
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.3
11230	Pepeao, dried	24.0	1.0 cup	0.3
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.3
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.3
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.3
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.3
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.3
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.3
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.3
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.3
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.3
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.3
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.3
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.3
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.3
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.3
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.3
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.3
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.3
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.3
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.3
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.3
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	0.3
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.3
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.3
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.3
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.3
02008	Spices, chervil, dried	0.6	1.0 tsp	0.3
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.3
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.3
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.3
11959	Arugula, raw	2.0	1.0 leaf	0.3
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.3
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.3
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.3
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.3
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.3
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.3
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	0.3
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.3
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.3
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.3
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.3
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.3
07061	Mother's loaf, pork	28.35	1.0 oz	0.3
17170	Game meat, horse, raw	28.35	1.0 oz	0.3
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.3
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.3
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.3
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.3
42161	Bologna, beef, low fat	28.0	1.0 slice	0.3
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.3
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.3
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.3
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.3
11005	Arrowhead, raw	25.0	1.0 large	0.3
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.3
14114	Beef broth and tomato juice, canned	30.5	1.0 fl oz	0.3
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.3
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.3
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.3
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.3
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.3
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.3
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.3
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.3
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)	0.3
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.3
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.3
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.3
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.3
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.3
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.3
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.3
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	26.0	1.0 mini bagel (2-1/2" dia)	0.3
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.3
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.3
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.3
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.3
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.3
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.3
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.3
18323	Pie, peach	28.35	1.0 oz	0.3
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.3
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.3
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.3
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.3
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.3
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.3
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.3
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.3
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.3
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.3
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.3
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.3
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.3
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.3
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.3
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.3
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.3
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.3
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.3
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.3
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.3
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.3
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.3
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.3
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.3
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.2
06489	Soup, consomme with gelatin, dry, mix, prepared with water	249.0	1.0 cup 8 fl oz	0.2
06195	CAMPBELL'S HEALTHY REQUEST, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.2
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.2
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	0.2
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.2
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.2
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.2
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.2
01112	Whey, acid, fluid	246.0	1.0 cup	0.2
01114	Whey, sweet, fluid	246.0	1.0 cup	0.2
06495	Soup, oxtail, dry, mix, prepared with water	244.0	1.0 cup	0.2
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.2
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.2
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.2
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.2
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.2
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.2
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.2
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")	0.2
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.2
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.2
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.2
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.2
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.2
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.2
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	0.2
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	0.2
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.2
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.2
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.2
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.2
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.2
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.2
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.2
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.2
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.2
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.2
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.2
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.2
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.2
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.2
18106	Coffeecake, fruit	28.35	1.0 oz	0.2
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
02038	Spices, sage, ground	0.7	1.0 tsp	0.2
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.2
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.2
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.2
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.2
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.2
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.2
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.2
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.2
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.2
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	0.2
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.2
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.2
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.2
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.2
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.2
16055	Carob flour	103.0	1.0 cup	0.2
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)	0.2
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.2
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.2
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.2
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.2
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.2
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.2
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.2
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.2
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.2
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.2
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.2
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.2
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.2
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.2
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.2
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.2
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.2
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.2
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.2
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.2
19136	Candies, SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.2
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.2
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.2
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.2
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.2
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.2
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.2
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.2
19300	Jellies	21.0	1.0 serving 1 tbsp	0.2
14428	Shake, fast food, strawberry	23.5	1.0 fl oz	0.2
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.2
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.2
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.2
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	0.2
21046	Entrees, crab cake	60.0	1.0 cake	0.2
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.2
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.2
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	0.2
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	0.2
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.2
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.2
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.2
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.2
18003	Bagels, egg	28.35	1.0 oz	0.2
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.2
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.2
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.2
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.2
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.2
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.2
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.2
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.2
42284	Babyfood, baked product, finger snacks cereal	1.7	1.0 cookie	0.2
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.2
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.2
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.2
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.2
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.2
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	0.2
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.2
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.2
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.2
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.2
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.2
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	22.0	1.0 portion (2-3 heaping tsp)	0.2
02063	Rosemary, fresh	0.7	1.0 tsp	0.2
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.2
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	0.2
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.2
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.2
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.1
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.1
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.1
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.1
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.1
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	5.3	1.0 tbsp	0.1
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.1
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.1
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.1
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.1
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.1
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.1
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.1
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.1
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.1
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.1
18240	Croissants, apple	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.1
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.1
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.1
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.1
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.1
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.1
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.1
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.1
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	0.1
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.1
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.1
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.1
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.1
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.1
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.1
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.1
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.1
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	0.1
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.1
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.1
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.1
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.1
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.1
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.1
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.1
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.1
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.1
06065	Soup, turkey noodle, canned, condensed	126.0	0.5 cup (4 fl oz)	0.1
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.1
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.1
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.1
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.1
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.1
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.1
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.1
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.1
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.1
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.1
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.1
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.1
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.1
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.1
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.1
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.1
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.1
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.1
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.1
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.1
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.1
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.1
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	0.1
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.1
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.1
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.1
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.1
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.1
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.1
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.1
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	0.1
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.1
18060	Bread, rye	28.35	1.0 oz	0.1
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.1
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.1
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.1
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.1
08419	Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry	54.0	1.0 container	0.1
01179	Sour cream, light	12.0	1.0 tablespoon	0.1
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.1
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.1
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.1
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.1
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.1
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	51.0	0.5 cup (1 NLEA serving)	0.1
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.1
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.1
19294	Fruit butters, apple	17.0	1.0 tbsp	0.1
06975	Sauce, barbecue, low sodium	17.0	1.0 tbsp	0.1
06150	Sauce, barbecue	17.0	1.0 tbsp	0.1
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet	0.1
21256	BURGER KING, Chicken Strips	14.3	1.0 strip	0.1
11216	Ginger root, raw	2.0	1.0 tsp	0.1
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.1
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.1
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.1
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.1
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.1
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.1
14346	Shake, fast food, chocolate	23.5	1.0 fl oz	0.1
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.1
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.1
14450	Drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.1
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.1
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.1
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.1
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.1
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.1
18238	Cream puffs, prepared from recipe, shell, with custard filling	28.35	1.0 oz	0.1
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.1
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.1
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.1
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.1
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.1
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.1
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.1
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.1
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.1
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.1
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.1
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.1
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	0.1
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.1
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.1
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.1
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	28.35	1.0 oz	0.1
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.1
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.1
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.1
18170	Cookies, fig bars	28.35	1.0 oz	0.1
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.1
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.1
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.1
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	0.1
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	0.1
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.1
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.1
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.1
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.1
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.1
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.1
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.1
09079	Cranberries, dried, sweetened	40.0	0.33 cup	0.1
01144	Egg substitute, powder	9.9	0.35 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	0.1
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	0.1
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.1
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.1
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.1
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.1
02068	Vinegar, red wine	14.9	1.0 tbsp	0.1
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.1
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.1
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.1
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.1
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.1
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.1
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.1
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.1
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.1
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.1
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.1
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.1
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.1
08353	Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH	60.0	1.0 cup (1 NLEA serving)	0.1
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.1
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	0.1
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.1
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	0.1
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	0.1
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.1
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.1
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.1
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.1
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.1
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.1
03185	Babyfood, cereal, mixed, dry	2.5	1.0 tbsp	0.1
08212	Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds	57.0	0.5 cup (1 NLEA serving)	0.1
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.1
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.1
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.1
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.1
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.1
18065	Bread, wheat, toasted	28.35	1.0 oz	0.1
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.1
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.1
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.1
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.1
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.1
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.1
18239	Croissants, butter	28.35	1.0 oz	0.1
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.1
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.1
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.1
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.1
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.1
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.1
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.1
18355	Sweet rolls, cheese	28.35	1.0 oz	0.1
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.1
18252	Doughnuts, cake-type, wheat, sugared or glazed	28.35	1.0 oz	0.1
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.1
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.1
18061	Bread, rye, toasted	28.35	1.0 oz	0.1
18068	Bread, wheat germ	28.35	1.0 oz	0.1
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.1
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.1
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.1
18241	Croissants, cheese	28.35	1.0 oz	0.1
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.1
18420	Cake, yellow, dry mix, regular, unenriched	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.1
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.1
18064	Bread, wheat	28.35	1.0 oz	0.1
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.1
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.1
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.1
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.1
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.1
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	0.1
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.1
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0.1
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.1
03181	Babyfood, cereal, barley, dry	2.4	1.0 tbsp	0.1
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.1
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.1
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.1
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.0
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	0.0
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.0
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.0
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.0
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.0
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.0
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.0
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.0
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.0
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.0
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	0.0
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.0
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	0.0
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.0
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	0.0
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.0
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.0
02065	Spearmint, fresh	0.3	2.0 leaves	0.0
02020	Spices, garlic powder	3.1	1.0 tsp	0.0
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.0
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.0
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.0
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.0
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.0
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.0
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.0
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.0
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.0
02064	Peppermint, fresh	0.1	2.0 leaves	0.0
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.0
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.0
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.0
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.0
11984	Epazote, raw	0.8	1.0 tbsp	0.0
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.0
18223	Crackers, milk	14.2	0.5 oz	0.0
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.0
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.0
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.0
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.0
19117	Candies, halavah, plain	28.35	1.0 oz	0.0
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.0
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.0
18047	Bread, raisin, enriched	28.35	1.0 oz	0.0
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.0
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	0.0
18103	Coffeecake, cheese	28.35	1.0 oz	0.0
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.0
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.0
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.0
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.0
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.0
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.0
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	0.0
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.0
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.0
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.0
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.0
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.0
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.0
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.0
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.0
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.0
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.0
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	0.0
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.0
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.0
12071	Nuts, almond paste	28.35	1.0 oz	0.0
18245	Danish pastry, cheese	28.35	1.0 oz	0.0
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.0
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.0
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.0
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.0
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.0
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.0
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.0
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.0
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.0
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.0
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.0
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	0.0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.0
02033	Spices, poppy seed	2.8	1.0 tsp	0.0
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.0
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.0
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	1.0 serving (1 NLEA serving)	0.0
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.0
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.0
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.0
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.0
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.0
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.0
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.0
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.0
02028	Spices, paprika	2.3	1.0 tsp	0.0
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.0
02009	Spices, chili powder	2.7	1.0 tsp	0.0
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.0
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.0
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.0
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.0
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.0
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.0
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.0
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.0
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.0
18218	Crackers, matzo, egg	14.2	0.5 oz	0.0
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.0
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.0
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.0
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.0
06126	Gravy, turkey, dry	7.0	1.0 serving	0.0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.0
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.0
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.0
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.0
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.0
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.0
07057	Pepperoni, pork, beef	2.0	1.0 slice round	0.0
02015	Spices, curry powder	2.0	1.0 tsp	0.0
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.0
02021	Spices, ginger, ground	1.8	1.0 tsp	0.0
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.0
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.0
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.0
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.0
02011	Spices, cloves, ground	2.1	1.0 tsp	0.0
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.0
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.0
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.0
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.0
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.0
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.0
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.0
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.0
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.0
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.0
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.0
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.0
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.0
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.0
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.0
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.0
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.0
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
16117	Soy flour, defatted	105.0	1.0 cup	0.0
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.0
18338	Phyllo dough	28.35	1.0 oz	0.0
18214	Crackers, cheese, regular	14.2	0.5 oz	0.0
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	0.0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.0
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.0
10942	Pork, fresh, enhanced, composite of separable fat, raw	28.35	1.0 oz	0.0
16004	Beans, adzuki, yokan, mature seeds	14.0	1.0 slice	0.0
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.0
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.0
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.0
10946	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.0
18349	Rolls, french	28.35	1.0 oz	0.0
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	0.0
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.0
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.0
05626	Emu, full rump, raw	85.0	3.0 oz	0.0
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)	0.0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.0
10950	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	134.0	1.0 chop	0.0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.0
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.0
36016	Restaurant, family style, shrimp, breaded and fried	135.0	1.0 serving	0.0
05630	Emu, outside drum, raw	85.0	3.0 oz	0.0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.0
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.0
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.0
21318	McDONALD'S, Deluxe Warm Cinnamon Roll	162.0	5.7 oz	0.0
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.0
28285	Bread, chapati or roti, whole wheat, frozen	43.0	1.0 piece	0.0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.0
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.0
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.0
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.0
18242	Croutons, plain	14.2	0.5 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.0
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	0.0
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.0
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.0
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.0
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	0.0
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.0
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.0
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet	0.0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.0
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.0
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.0
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.0
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.0
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.0
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.0
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.0
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.0
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.0
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.0
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.0
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet	0.0
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.0
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	0.0
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.0
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.0
42100	Cereals ready-to-eat, Marshmallow ALPHA-BITS	29.0	1.0 cup (1 NLEA serving)	0.0
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.0
15192	Fish, cod, Pacific, cooked, dry heat	90.0	1.0 fillet	0.0
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.0
05219	Turkey, breast, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.0
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.0
21364	McDONALD'S, Hotcakes and Sausage	264.0	1.0 item	0.0
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.0
18266	English muffins, whole-wheat	28.35	1.0 oz	0.0
05680	Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised	95.0	1.0 drumstick without skin	0.0
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.0
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
05684	Chicken, skin (drumsticks and thighs), enhanced, cooked, braised	28.35	1.0 oz	0.0
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.0
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.0
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.0
05688	Chicken, dark meat, drumstick, meat and skin, enhanced, raw,	143.0	1.0 drumstick with skin	0.0
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.0
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.0
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.0
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.0
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.0
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.0
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.0
05692	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0.0
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.0
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.0
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.0
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.0
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
15212	Fish, salmon, pink, cooked, dry heat	124.0	0.5 fillet	0.0
18283	Muffins, oat bran	28.35	1.0 oz	0.0
05696	Turkey from whole, enhanced, light meat, meat only, raw	85.0	1.0 serving	0.0
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.0
05305	Poultry food products, ground turkey, raw	453.6	1.0 lb	0.0
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.0
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.0
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.0
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.0
05700	Turkey, enhanced, dark meat from whole, meat and skin, raw	85.0	3.0 oz	0.0
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.0
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.0
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.0
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.0
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.0
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.0
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	0.0
21059	Fast foods, shrimp, breaded and fried	17.0	1.0 piece shrimp	0.0
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.0
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.0
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.0
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.0
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.0
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.0
18453	Cake, yellow, dry mix, light	28.35	1.0 oz	0.0
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.0
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.0
27005	CAMPBELL'S CHUNKY Soups, Beef Stroganof - Fully Loaded	245.0	1.0 cup	0.0
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.0
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.0
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.0
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.0
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.0
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	0.0
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.0
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.0
16100	Peanut flour, low fat	60.0	1.0 cup	0.0
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	0.0
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.0
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16104	Bacon, meatless	144.0	1.0 cup	0.0
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	0.0
21460	McDONALD'S, Biscuit, large size	90.0	1.0 item 3.2 oz	0.0
06137	Sauce, mole poblano, dry mix, single brand	265.0	1.0 cup sauce	0.0
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
16598	MORNINGSTAR FARMS Bacon, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 biscuit	0.0
05728	Turkey, thigh, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.0
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.0
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.0
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.0
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.0
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	136.0	1.0 breast, without skin	0.0
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.0
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.0
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.0
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	0.0
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.0
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.0
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	199.0	1.0 breast, with skin	0.0
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.0
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0.0
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	0.0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.0
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.0
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.0
13801	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.0
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.0
42289	Oil, corn and canola	14.0	1.0 tbsp	0.0
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
05745	Turkey, back, from whole bird, enhanced, meat and skin, roasted	85.0	3.0 oz	0.0
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.0
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	0.0
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.0
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)	0.0
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	85.0	3.0 oz	0.0
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.0
16129	Tofu, fried	28.35	1.0 oz	0.0
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.0
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	0.0
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.0
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.0
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)	0.0
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.0
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.0
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	0.0
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	0.0
19113	Syrups, table blends, pancake, with butter	20.0	1.0 tbsp	0.0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
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	0.0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.0
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	0.0
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	0.0
16421	Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
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)	0.0
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.0
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.0
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	0.0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.0
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.0
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.0
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)	0.0
43589	Cheese, swiss, low fat	132.0	1.0 cup, diced	0.0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
18967	Bread, wheat, white wheat	28.0	1.0 slice	0.0
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.0
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.0
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.0
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)	0.0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.0
02053	Vinegar, distilled	14.9	1.0 tbsp	0.0
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.0
18971	Bread, potato	32.0	1.0 slice	0.0
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.0
43114	Vermicelli, made from soy	140.0	1.0 cup	0.0
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.0
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	0.0
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.0
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	0.0
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)	0.0
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.0
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.0
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.0
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	0.0
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.0
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.0
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.0
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
16201	Campbell's Pork and Beans	130.0	0.5 cup	0.0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.0
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.0
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.0
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
93600	Turtle, green, raw	85.0	3.0 oz	0.0
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	0.0
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
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	0.0
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.0
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.0
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.0
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.0
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	0.0
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.0
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.0
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
16235	SILK Plain, soymilk	243.0	1.0 cup	0.0
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.0
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.0
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.0
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)	0.0
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	0.0
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.0
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	0.0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.0
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	0.0
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	0.0
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	0.0
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.0
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	0.0
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.0
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.0
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.0
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
16247	SILK Chai, soymilk	243.0	1.0 cup	0.0
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.0
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.0
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0.0
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.0
08503	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM	55.0	1.0 cup	0.0
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)	0.0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 patty	0.0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43299	Soybean, curd cheese	225.0	1.0 cup	0.0
42182	Bean beverage	230.0	1.0 cup	0.0
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.0
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.0
05704	Turkey, whole, enhanced, meat only, raw	85.0	3.0 oz	0.0
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.0
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.0
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
16558	MORNINGSTAR FARMS Italian Herb Chik Patties, frozen, unprepared	71.0	1.0 patty	0.0
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	0.0
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.0
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.0
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
16570	GARDENBURGER, Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.0
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.0
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	0.0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.0
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
16586	GARDENBURGER, Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.0
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.0
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.0
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.0
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.0
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.0
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
05720	Turkey, back, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.0
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
19070	Candies, butterscotch	28.35	1.0 oz	0.0
01267	Queso cotija	5.0	2.0 tsp	0.0
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.0
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.0
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.0
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
05724	Turkey, drumstick, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.0
08566	Cereals ready-to-eat, KASHI Granola, MOUNTAIN MEDLEY cereal	55.0	0.5 cup (1 NLEA serving)	0.0
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.0
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.0
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.0
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.0
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	0.0
14385	Water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.0
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
06513	CAMPBELL'S SELECT HARVEST Microwaveable Bowls, 98% Fat Free New England Clam Chowder	245.0	1.0 cup	0.0
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	0.0
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.0
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
06519	CAMPBELL'S SELECT Microwaveable Bowls, Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14411	Water, tap, drinking	29.6	1.0 fl oz	0.0
06372	CAMPBELL'S Red and White, Southwest Style Pepper Jack Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.0
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.0
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
06529	CAMPBELL'S SELECT Soup, 98% Fat Free New England Clam Chowder	245.0	1.0 cup	0.0
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.0
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0.0
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.0
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
06535	CAMPBELL'S SELECT Soup, Creamy Chicken Alfredo Soup	245.0	1.0 cup	0.0
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.0
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.0
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.0
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
06542	CAMPBELL'S SELECT Soup, Mediterranean Meatball w/Bowtie Pasta Soup	245.0	1.0 cup	0.0
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	0.0
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
19419	Snacks, corn cakes	9.0	1.0 cake	0.0
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
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	0.0
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	0.0
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	0.0
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	0.0
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) 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	0.0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
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	0.0
04001	Fat, beef tallow	12.8	1.0 tbsp	0.0
06550	CAMPBELL'S SELECT Soup, Roasted Chicken with Rotini & Penne Pasta Soup	245.0	1.0 cup	0.0
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.0
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.0
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	0.0
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.0
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.0
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	0.0
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	0.0
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.0
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.0
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
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	0.0
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)	0.0
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.0
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
23295	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0.0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
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	0.0
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	0.0
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.0
23299	Beef, Australian, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.0
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0.0
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	0.0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.0
23303	Beef, Australian, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0.0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.0
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	0.0
14222	Coffee, instant, with chicory, powder	1.8	1.0 tsp, rounded	0.0
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.0
19806	Snacks, popcorn, air-popped, white popcorn	8.0	1.0 cup	0.0
23308	Beef, Australian, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0.0
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	0.0
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.0
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.0
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	0.0
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.0
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.0
23312	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0.0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
19304	Molasses	337.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
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	0.0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.0
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.0
23316	Beef, Australian, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
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	0.0
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.0
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.0
23320	Beef, Australian, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	0.0
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	0.0
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	0.0
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.0
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.0
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.0
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.0
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	0.0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.0
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
17069	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.0
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.0
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
06318	CAMPBELL'S Country Style Cream Gravy	59.0	0.25 cup	0.0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.0
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04529	Oil, almond	13.6	1.0 tablespoon	0.0
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	0.0
06325	CAMPBELL'S Microwavable Chicken Gravy	60.0	0.25 cup	0.0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.0
17081	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.0
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	0.0
04534	Oil, babassu	13.6	1.0 tbsp	0.0
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	0.0
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
19349	Syrups, corn, dark	328.0	1.0 cup	0.0
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04542	Fat, chicken	12.8	1.0 tbsp	0.0
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	0.0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.0
19353	Syrups, maple	20.0	1.0 tbsp	0.0
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.0
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	0.0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.0
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.0
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
06485	Soup, chicken rice, dry, mix, prepared with water	240.0	1.0 cup 8 fl oz	0.0
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.0
06349	CAMPBELL'S Red and White, DORA THE EXPLORER Kidshapes Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.0
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.0
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.0
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.0
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.0
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
04574	Fat, duck	12.8	1.0 tbsp	0.0
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
15013	Fish, cisco, raw	79.0	1.0 fillet	0.0
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	0.0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.0
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
07243	OSCAR MAYER, Wieners (beef franks, fat free)	50.0	1.0 serving	0.0
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.0
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.0
04582	Oil, canola	14.0	1.0 tbsp	0.0
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.0
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
20130	Barley flour or meal	148.0	1.0 cup	0.0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
07247	OSCAR MAYER, Wieners (light pork, turkey, beef)	57.0	1.0 serving	0.0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.0
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.0
07017	Chicken roll, light meat	57.0	2.0 slices (1 serving)	0.0
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.0
18059	Bread, rice bran	28.35	1.0 oz	0.0
20134	Rice noodles, cooked	176.0	1.0 cup	0.0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.0
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20005	Barley, pearled, raw	200.0	1.0 cup	0.0
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07251	LOUIS RICH, Chicken (white, oven roasted)	28.0	1.0 serving	0.0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.0
04590	Fish oil, herring	13.6	1.0 tbsp	0.0
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
20141	Spelt, cooked	194.0	1.0 cup	0.0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
01070	Dessert topping, powdered	43.0	1.5 oz	0.0
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.0
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
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)	0.0
07255	LOUIS RICH, Turkey Bologna	28.0	1.0 serving	0.0
04594	Fish oil, sardine	13.6	1.0 tbsp	0.0
07025	Frankfurter, turkey	28.35	1.0 oz	0.0
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.0
20314	Corn, white	166.0	1.0 cup	0.0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.0
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20014	Corn, yellow	166.0	1.0 cup	0.0
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
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)	0.0
07259	LOUIS RICH, Turkey Breast (oven roasted, fat free)	28.0	1.0 serving	0.0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 lb	0.0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.0
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
15033	Fish, haddock, raw	85.0	3.0 oz	0.0
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.0
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	0.0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	0.0
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07264	LOUIS RICH, Turkey Ham (10% water added)	28.0	1.0 serving	0.0
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.0
07033	Ham and cheese spread	15.0	1.0 tbsp	0.0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.0
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.0
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	0.0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.0
14429	Water, tap, municipal	29.6	1.0 fl oz	0.0
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	122.0	1.0 cup	0.0
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	0.0
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
07268	LOUIS RICH, Turkey Smoked Sausage	56.0	1.0 serving	0.0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.0
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.0
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.0
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.0
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	0.0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20028	Couscous, dry	173.0	1.0 cup	0.0
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	0.0
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)	0.0
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0.0
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
07042	Luncheon meat, beef, loaved	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.0
15045	Fish, lingcod, raw	85.0	3.0 oz	0.0
20421	Spaghetti, cooked, unenriched, without added salt	140.0	1.0 cup	0.0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
14475	Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor	30.6	1.0 fl oz	0.0
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20032	Millet, cooked	174.0	1.0 cup	0.0
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.0
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
12059	Nuts, acorns, dried	28.35	1.0 oz	0.0
01238	Ice cream sandwich	70.0	1.0 serving	0.0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.0
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.0
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.0
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	0.0
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	0.0
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.0
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)	0.0
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.0
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.0
15053	Fish, milkfish, raw	85.0	3.0 oz	0.0
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.0
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.0
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)	0.0
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	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.0
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.0
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.0
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.0
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	0.0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
14544	Tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz (1 serving)	0.0
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.0
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.0
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.0
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.0
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.0
20052	Rice, white, short-grain, raw	200.0	1.0 cup	0.0
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
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)	0.0
07921	Bacon and beef sticks	28.0	1.0 oz	0.0
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)	0.0
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.0
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.0
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.0
20647	Millet flour	119.0	1.0 cup	0.0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.0
20060	Rice bran, crude	118.0	1.0 cup	0.0
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	0.0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.0
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.0
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.0
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.0
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.0
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
20064	Rye flour, medium	102.0	1.0 cup	0.0
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)	0.0
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)	0.0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.0
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.0
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.0
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.0
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	0.0
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.0
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.0
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.0
23557	Beef, ground, 95% lean meat / 5% fat, raw	85.0	1.0 serving (3 oz)	0.0
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.0
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.0
15077	Fish, salmon, chinook, smoked	136.0	1.0 cup, cooked	0.0
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.0
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
20072	Wheat, hard red winter	192.0	1.0 cup	0.0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.0
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)	0.0
01004	Cheese, blue	28.35	1.0 oz	0.0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.0
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.0
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.0
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.0
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
20076	Wheat, durum	192.0	1.0 cup	0.0
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.0
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01008	Cheese, caraway	28.35	1.0 oz	0.0
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.0
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.0
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.0
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.0
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)	0.0
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.0
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.0
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.0
10131	Pork, cured, canadian-style bacon, grilled	139.0	1.0 package (6 oz) yields	0.0
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.0
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.0
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.0
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.0
07206	OSCAR MAYER. Bologna (Wisconsin made ring)	56.0	1.0 serving	0.0
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.0
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.0
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.0
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.0
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	0.0
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.0
20090	Rice flour, brown	158.0	1.0 cup	0.0
23577	Beef, ground, 75% lean meat / 25% fat, raw	85.0	1.0 serving (3 oz)	0.0
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)	0.0
01020	Cheese, fontina	132.0	1.0 cup, diced	0.0
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
07210	OSCAR MAYER, Chicken Breast (oven roasted, fat free)	52.0	1.0 serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.0
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.0
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.0
21043	Fast foods, clams, breaded and fried	115.0	0.75 cup	0.0
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.0
20094	Pasta, fresh-refrigerated, plain, cooked	57.0	2.0 oz	0.0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.0
01024	Cheese, limburger	134.0	1.0 cup	0.0
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.0
07214	OSCAR MAYER, Ham (water added, boiled)	63.0	1.0 serving	0.0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.0
18171	Cookies, fortune	28.35	1.0 oz	0.0
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.0
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	0.0
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.0
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.0
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
07218	OSCAR MAYER, Head Cheese	28.0	1.0 serving	0.0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.0
15105	Fish, sturgeon, mixed species, cooked, dry heat	136.0	1.0 cup, cooked	0.0
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.0
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	115.0	1.0 cup small shells	0.0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.0
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.0
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
07223	OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	28.0	1.0 serving	0.0
15109	Fish, surimi	28.35	1.0 oz	0.0
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.0
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
18028	Bread, egg, toasted	28.35	1.0 oz	0.0
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	0.0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.0
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
07227	OSCAR MAYER, Salami Cotto (beef, pork, chicken)	46.0	1.0 serving 2 slices	0.0
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.0
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.0
01173	Egg, white, dried	28.0	1.0 oz	0.0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.0
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	0.0
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.0
18033	Bread, italian	28.35	1.0 oz	0.0
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	0.0
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
01040	Cheese, swiss	132.0	1.0 cup, diced	0.0
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
07231	OSCAR MAYER, Sandwich Spread (pork, chicken, beef)	30.0	1.0 serving	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.0
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.0
06997	CAMPBELL'S Beef Gravy	59.0	0.25 cup	0.0
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.0
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.0
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.0
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.0
07235	OSCAR MAYER, Smokies Sausage Little (pork, turkey)	9.0	1.0 link	0.0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.0
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.0
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.0
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.0
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	0.0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.0
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07239	OSCAR MAYER, Turkey Breast (smoked, fat free)	52.0	1.0 serving 4 slices	0.0
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.0
27016	CAMPBELL's Red and White, Souper Shapes Soup - Cars, condensed	126.0	0.5 cup	0.0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16106	Meat extender	88.0	1.0 cup	0.0
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.0
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.0
18202	Cookies, sugar wafers with creme filling, special dietary	28.35	1.0 oz	0.0
27020	CAMPBELL'S SELECT Soup, Zesty Azteca Meatballs & Rice	245.0	1.0 cup	0.0
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.0
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.0
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	30.0	1.0 piece (1/8 of 9" crust)	0.0
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.0
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.0
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.0
27024	CAMPBELL'S SELECT Gold Label Soups, Creamy Tomato Parmesan	245.0	1.0 cup	0.0
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
16114	Tempeh	166.0	1.0 cup	0.0
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.0
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.0
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.0
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.0
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.0
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.0
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.0
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.0
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.0
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.0
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.0
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.0
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	134.0	1.0 chop	0.0
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	0.0
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.0
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.0
05631	Emu, oyster, raw	85.0	3.0 oz	0.0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.0
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.0
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.0
36030	DENNY'S, hash browns	124.0	1.0 serving	0.0
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.0
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.0
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.0
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.0
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.0
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.0
18235	Crackers, whole-wheat	28.0	1.0 serving	0.0
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	0.0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.0
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.0
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.0
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.0
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.0
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.0
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.0
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	0.0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.0
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.0
18243	Croutons, seasoned	14.2	0.5 oz	0.0
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.0
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.0
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.0
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet	0.0
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.0
21129	Fast foods, hush puppies	22.0	1.0 piece	0.0
28298	Cookies, brownies, commercially prepared, reduced fat	36.0	1.0 brownie 1 serving	0.0
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.0
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.0
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.0
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.0
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.0
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.0
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.0
08414	Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry	54.0	1.0 container	0.0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.0
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.0
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.0
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.0
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.0
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.0
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.0
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.0
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.0
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	0.0
42040	Syrups, grenadine	20.0	1.0 tbsp	0.0
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.0
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	0.0
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.0
08450	Cereals, QUAKER, Instant Grits Product with Ham 'n' Cheese, dry	28.0	1.0 packet	0.0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.0
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.0
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.0
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.0
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.0
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.0
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.0
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.0
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.0
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.0
05681	Chicken, dark meat, thigh, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.0
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.0
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.0
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.0
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.0
05685	Chicken, skin (drumsticks and thighs), enhanced, raw	28.35	1.0 oz	0.0
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.0
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.0
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.0
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.0
05689	Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted	129.0	1.0 drumstick with skin	0.0
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.0
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.0
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.0
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.0
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.0
21386	BURGER KING, French Toast Sticks	21.0	1.0 stick	0.0
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.0
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.0
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	0.0
05306	Poultry food products, ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.0
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.0
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.0
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.0
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.0
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.0
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.0
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.0
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	1.0 oz	0.0
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.0
12156	Nuts, walnuts, glazed	28.0	1.0 oz	0.0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.0
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.0
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	0.0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, raw	85.0	3.0 oz	0.0
13350	Beef, cured, dried	28.0	10.0 slices	0.0
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.0
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.0
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.0
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	0.0
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.0
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.0
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.0
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.0
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.0
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.0
18456	Cookies, oatmeal, commercially prepared, fat-free	28.35	1.0 oz	0.0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.0
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.0
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.0
27006	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Beef Barley Soup	245.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.0
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.0
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.0
27010	CAMPBELL'S CHUNKY Soups, Rigatoni & Meatballs - Fully Loaded	245.0	1.0 cup	0.0
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.0
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.0
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.0
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.0
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
08022	Cereals ready-to-eat, corn flakes, low sodium	25.0	1.0 cup	0.0
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.0
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.0
05725	Turkey, drumstick, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.0
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	0.0
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.0
18507	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.0
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 pieces	0.0
05729	Turkey, wing, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.0
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.0
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
19081	Candies, sweet chocolate	28.35	1.0 oz	0.0
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0.0
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.0
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.0
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 piece	0.0
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.0
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.0
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	0.0
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43405	Cheese, swiss, low sodium	132.0	1.0 cup, diced	0.0
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.0
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.0
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.0
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.0
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.0
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.0
13802	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked	85.0	3.0 oz	0.0
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.0
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.0
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
16122	Soy protein isolate	28.35	1.0 oz	0.0
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.0
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.0
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.0
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
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)	0.0
43483	Millet, puffed	21.0	1.0 cup	0.0
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	0.0
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.0
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)	0.0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.0
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.0
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	0.0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.0
16130	Okara	122.0	1.0 cup	0.0
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.0
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0.0
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.0
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.0
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	0.0
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	0.0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles round	0.0
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	0.0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.0
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.0
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.0
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.0
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.0
43060	Chewing gum, sugarless	2.0	1.0 piece	0.0
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.0
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)	0.0
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
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	0.0
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.0
02050	Vanilla extract	4.2	1.0 tsp	0.0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
18968	Bagel, wheat	98.0	1.0 bagel	0.0
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.0
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.0
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.0
18972	Bread, cheese	48.0	1.0 slice	0.0
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.0
06034	Soup, crab, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	0.0
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	0.0
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.0
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.0
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.0
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.0
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
83110	Fish, mackerel, salted	136.0	1.0 cup, cooked	0.0
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	0.0
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.0
43136	Vegetarian stew	247.0	1.0 cup	0.0
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.0
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.0
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	0.0
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	0.0
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
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	0.0
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.0
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.0
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	0.0
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	0.0
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.0
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.0
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.0
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
16236	SILK Vanilla, soymilk	243.0	1.0 cup	0.0
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.0
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.0
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	0.0
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.0
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0.0
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.0
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)	0.0
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	0.0
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.0
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.0
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.0
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	0.0
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	0.0
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	0.0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.0
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.0
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0.0
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
16248	SILK Mocha, soymilk	243.0	1.0 cup	0.0
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.0

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22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	0.0
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.0
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	0.0
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
16538	MORNINGSTAR FARMS Breakfast Pattie made with Organic Soy, frozen, unprepared	38.0	1.0 patty	0.0
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.0
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.0
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	0.0
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	0.0
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 patty	0.0
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	0.0
05701	Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.0
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.0
05705	Turkey, whole, enhanced, meat only, roasted	28.0	3.0 oz	0.0
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
16260	SILK Original Creamer	15.0	1.0 tbsp	0.0
19051	Snacks, rice cakes, brown rice, plain	9.0	1.0 cake	0.0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
16560	MORNINGSTAR FARMS Corn Dogs, frozen, unprepared	71.0	1.0 corn dog	0.0
05709	Turkey, retail parts, enhanced, breast, meat only, cooked, roasted	85.0	3.0 oz	0.0
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.0
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.0
43343	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
16579	GARDENBURGER, Original, frozen, unprepared	71.0	1.0 patty	0.0
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.0
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.0
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	1.0 serving	0.0
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.0
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.0
21408	McDONALD'S, English Muffin	57.0	1.0 item 2 oz	0.0
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16587	MORNINGSTAR FARMS Maple Flavored Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.0
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.0
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.0
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	0.0
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.0
05721	Turkey, breast, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.0
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	1.0 cup (1 NLEA serving)	0.0
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.0
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.0
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.0
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	0.0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	0.0
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	0.0
06360	CAMPBELL'S Red and White, GOLDFISH Pasta with Meatballs in Chicken Broth Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.0
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.0
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.0
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.0
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
06514	CAMPBELL'S SELECT Microwaveable Bowls, Chicken with Egg Noodles Soup	245.0	1.0 cup	0.0
06369	CAMPBELL'S Red and White, Oyster Stew, condensed	126.0	1.0 serving 1/2 cup	0.0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.0
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.0
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
06521	CAMPBELL'S SELECT Microwaveable Bowls, Minestrone Soup	245.0	1.0 cup	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.0
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.0
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
06531	CAMPBELL'S SELECT Soup, Beef with Roasted Barley Soup	245.0	1.0 cup	0.0
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	0.0
14142	Carbonated beverage, grape soda	31.0	1.0 fl oz	0.0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.0
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
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)	0.0
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	0.0
06537	CAMPBELL'S SELECT Soup, HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	0.0
06385	CAMPBELL'S CHUNKY Soups, Barbeque Seasoned Burger Soup	245.0	1.0 cup	0.0
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.0
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
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	0.0
06543	CAMPBELL'S SELECT Soup, Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	0.0
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14150	Carbonated beverage, orange	31.0	1.0 fl oz	0.0
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.0
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.0
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0
06394	CAMPBELL'S CHUNKY Soups, Chicken Mushroom Chowder	245.0	1.0 cup	0.0
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0.0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.0
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	0.0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
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	0.0
04002	Lard	12.8	1.0 tbsp	0.0
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	0.0
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.0
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.0
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.0
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0.0
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	0.0
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
17142	Veal, ground, raw	28.35	1.0 oz	0.0
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	0.0
17146	Game meat, bear, raw	28.35	1.0 oz	0.0
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
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	0.0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.0
06589	CAMPBELL'S SOUP AT HAND, Cream of Broccoli Soup	305.0	1.0 serving	0.0
09421	Dates, medjool	24.0	1.0 date, pitted	0.0
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.0
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	0.0
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.0
23296	Beef, Australian, grass-fed, external fat, raw	28.35	1.0 oz	0.0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
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	0.0
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.0
06594	CAMPBELL'S SOUP AT HAND, New England Clam Chowder	305.0	1.0 serving	0.0
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	0.0
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.0
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.0
23300	Beef, Australian, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
04037	Oil, rice bran	13.6	1.0 tablespoon	0.0
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	0.0
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.0
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.0
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.0
23304	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	0.0
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	0.0
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
04047	Oil, coconut	13.6	1.0 tbsp	0.0
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	0.0
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	0.0
17162	Game meat, caribou, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23309	Beef, Australian, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0.0
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
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	0.0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.0
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.0
17166	Game meat, elk, raw	28.35	1.0 oz	0.0
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.0
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	0.0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
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	0.0
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.0
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.0
23317	Beef, Australian, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.0
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	0.0
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.0
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	0.0
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	0.0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.0
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.0
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	0.0
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.0
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.0
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.0
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.0
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.0
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	0.0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	0.0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.0
17070	Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw	28.35	1.0 oz	0.0
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.0
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	0.0
17074	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw	28.35	1.0 oz	0.0
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.0
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.0
06319	CAMPBELL'S Country Style Sausage Gravy	59.0	0.25 cup	0.0
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	0.0
17078	Lamb, New Zealand, imported, frozen, loin, separable lean only, raw	28.35	1.0 oz	0.0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.0
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.0
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	0.0
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.0
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.0
06326	CAMPBELL'S Turkey Gravy	59.0	0.25 cup	0.0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.0
17082	Lamb, New Zealand, imported, frozen, rib, separable lean only, raw	28.35	1.0 oz	0.0
19340	Sugars, maple	3.0	1.0 tsp	0.0
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
04536	Oil, sheanut	13.6	1.0 tablespoon	0.0
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	0.0
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
17086	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.0
19350	Syrups, corn, light	341.0	1.0 cup	0.0
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
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	0.0
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.0
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	0.0
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.0
19355	Syrups, sorghum	330.0	1.0 cup	0.0
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
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	0.0
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.0
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.0
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.0
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	0.0
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	0.0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.0
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.0
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	0.0
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	0.0
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.0
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.0
04575	Fat, turkey	12.8	1.0 tbsp	0.0
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)	0.0
15014	Fish, cisco, smoked	28.35	1.0 oz	0.0
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.0
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07244	OSCAR MAYER, Wieners (beef franks, light)	57.0	1.0 serving	0.0
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.0
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.0
04583	Oil, mustard	14.0	1.0 tbsp	0.0
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
07248	OSCAR MAYER, Wieners Little (pork, turkey)	9.0	1.0 piece	0.0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.0
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.0
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
15022	Fish, cusk, raw	122.0	1.0 fillet	0.0
20137	Quinoa, cooked	185.0	1.0 cup	0.0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.0
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.0
20006	Barley, pearled, cooked	157.0	1.0 cup	0.0
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
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)	0.0
07252	LOUIS RICH, Franks (turkey and chicken cheese)	45.0	1.0 serving	0.0
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.0
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.0
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.0
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
18066	Bread, wheat bran	28.35	1.0 oz	0.0
20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	93.0	1.0 cup small shells	0.0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
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	0.0
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.0
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.0
07256	LOUIS RICH, Turkey Breast and White Turkey (oven roasted)	28.0	1.0 serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.0
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.0
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.0
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.0
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
20015	Corn bran, crude	76.0	1.0 cup	0.0
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
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)	0.0
07260	LOUIS RICH, Turkey Breast (oven roasted, portion fat free)	56.0	1.0 serving	0.0
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.0
07030	Ham, minced	28.35	1.0 oz	0.0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.0
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.0
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.0
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.0
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.0
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	0.0
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
07265	LOUIS RICH, Turkey Nuggets/Sticks (breaded)	28.0	1.0 piece	0.0
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.0
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.0
20330	Hominy, canned, yellow	160.0	1.0 cup	0.0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.0
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	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20024	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	170.0	1.0 cup	0.0
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	0.0
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.0
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.0
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.0
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	0.0
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.0
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	0.0
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)	0.0
07043	Luncheon meat, beef, thin sliced	9.3	1.0 slice oval	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.0
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
20033	Oat bran, raw	94.0	1.0 cup	0.0
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.0
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.0
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.0
07050	Mortadella, beef, pork	28.35	1.0 oz	0.0
18099	Cake, chocolate, dry mix, regular	28.35	1.0 oz	0.0
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.0
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	0.0
20038	Oats	156.0	1.0 cup	0.0
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.0
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)	0.0
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.0
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.0
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.0
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
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	0.0
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	0.0
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.0
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	0.0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.0
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	0.0
17263	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.0
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)	0.0
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.0
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.0
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.0
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.0
20053	Rice, white, short-grain, cooked	186.0	1.0 cup	0.0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0.0
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.0
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.0
15066	Fish, pollock, Alaska, raw	77.0	1.0 fillet	0.0
20648	Sorghum flour	121.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
20061	Rice flour, white	158.0	1.0 cup	0.0
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)	0.0
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.0
07926	Salami, Italian, pork	28.0	1.0 oz	0.0
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.0
07070	Salami, cooked, turkey	28.0	1.0 serving	0.0
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.0
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.0
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.0
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.0
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
20065	Rye flour, light	102.0	1.0 cup	0.0
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0.0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.0
15074	Fish, sablefish, raw	85.0	3.0 oz	0.0
18137	Cake mix, dry, white, regular	46.0	1.0 serving	0.0
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.0
01124	Egg, white, raw, fresh	33.0	1.0 large	0.0
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.0
20069	Triticale	192.0	1.0 cup	0.0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.0
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	0.0
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.0
20073	Wheat, soft red winter	168.0	1.0 cup	0.0
23562	Beef, ground, 90% lean meat / 10% fat, raw	85.0	1.0 serving (3 oz)	0.0
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)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01005	Cheese, brick	132.0	1.0 cup, diced	0.0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.0
07082	Turkey roll, light and dark meat	28.35	1.0 oz	0.0
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.0
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.0
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)	0.0
20077	Wheat bran, crude	58.0	1.0 cup	0.0
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.0
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.0
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.0
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.0
07202	OSCAR MAYER, Bologna (beef light)	28.0	1.0 serving (1 slice)	0.0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.0
15090	Fish, scup, raw	85.0	3.0 oz	0.0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.0
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.0
14627	Energy Drink, Monster	240.0	1.0 serving	0.0
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.0
01017	Cheese, cream	14.5	1.0 tbsp	0.0
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.0
15094	Fish, shad, american, raw	85.0	3.0 oz	0.0
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.0
21035	Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)	148.0	2.0 pieces	0.0
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.0
20091	Pasta, corn, dry	105.0	1.0 cup	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
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)	0.0
01021	Cheese, gjetost	28.35	1.0 oz	0.0
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.0
07211	OSCAR MAYER, Ham and Cheese Loaf	28.0	1.0 serving	0.0
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.0
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.0
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.0
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.0
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.0
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01025	Cheese, monterey	132.0	1.0 cup, diced	0.0
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.0
07215	OSCAR MAYER, Ham (water added, honey)	63.0	1.0 serving	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.0
18172	Cookies, gingersnaps	28.35	1.0 oz	0.0
01159	Cheese, goat, soft type	28.35	1.0 oz	0.0
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.0
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	0.0
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
01029	Cheese, mozzarella, part skim milk, low moisture	132.0	1.0 cup, diced	0.0
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.0
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.0
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.0
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.0
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	0.0
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.0
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.0
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
07224	OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	28.0	1.0 serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15110	Fish, swordfish, raw	136.0	1.0 piece (4-1/2" x 2-1/8" x 7/8")	0.0
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.0
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.0
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
07228	OSCAR MAYER, Salami (for beer)	46.0	1.0 serving 2 slices	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.0
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.0
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.0
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.0
01041	Cheese, tilsit	28.35	1.0 oz	0.0
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
07232	OSCAR MAYER, Smokie Links Sausage	43.0	1.0 serving	0.0
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.0
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.0
06999	CAMPBELL'S Chicken Gravy	59.0	0.25 cup	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
15006	Fish, burbot, raw	116.0	1.0 fillet	0.0
18039	Bread, oatmeal	28.35	1.0 oz	0.0
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.0
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.0
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0.0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.0
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.0
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.0
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.0
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.0
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)	0.0
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.0
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	57.0	2.0 oz	0.0
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.0
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07240	OSCAR MAYER, Wieners (pork, turkey)	45.0	1.0 serving (1 link)	0.0
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.0
27017	CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	0.0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0.0
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16107	Sausage, meatless	25.0	1.0 link	0.0
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.0
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.0
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.0
18203	Cookies, sugar, commercially prepared, special dietary	28.35	1.0 oz	0.0
27021	CAMPBELL'S SELECT Soups, HEALTHY REQUEST Chicken with Egg Noodles	246.0	1.0 cup	0.0
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.0
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.0
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.0
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.0
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.0
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.0
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.0
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.0
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.0
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.0
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.0
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	0.0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.0
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.0
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.0
15149	Crustaceans, shrimp, mixed species, raw	6.0	1.0 medium	0.0
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.0
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup	0.0
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
10948	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.0
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.0
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.0
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.0
18224	Crackers, rusk toast	14.2	0.5 oz	0.0
05628	Emu, inside drum, raw	85.0	3.0 oz	0.0
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.0
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.0
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.0
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.0
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.0
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.0
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.0
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.0
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.0
18360	Taco shells, baked	12.9	1.0 shell	0.0
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.0
18232	Crackers, wheat, regular	31.0	1.0 serving	0.0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.0
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.0
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.0
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.0
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	0.0
21322	McDONALD'S, Warm Cinnamon Roll	105.0	3.7 oz	0.0
18236	Cracker meal	28.35	1.0 oz	0.0
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	0.0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	1.667 tbsp (1 NLEA serving)	0.0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.0
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item 4.744 oz	0.0
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.0
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.0
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.0
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.0
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.0
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.0
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.0
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.0
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.0
08096	Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry	28.0	1.0 packet	0.0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.0
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.0
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.0
05662	Ground Turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.0
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.0
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.0
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.0
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.0
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.0
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.0
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.0
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.0
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.0
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.0
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.0
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.0
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.0
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.0
05215	Turkey, back, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.0
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.0
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.0
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.0
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.0
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.0
15194	Fish, dolphinfish, cooked, dry heat	85.0	3.0 oz	0.0
18264	English muffins, wheat	28.35	1.0 oz	0.0
05678	Chicken, dark meat, drumstick, meat only, enhanced, raw	143.0	1.0 drumstick with skin	0.0
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.0
05227	Turkey, wing, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.0
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.0
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.0
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.0
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	0.0
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.0
18419	Cake, white, dry mix, pudding-type, unenriched	28.35	1.0 oz	0.0
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.0
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.0
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.0
05686	Chicken, skin (drumsticks and thighs), enhanced, cooked, roasted	28.35	1.0 oz	0.0
05292	Turkey patties, breaded, battered, fried	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.0
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.0
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.0
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.0
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.0
05690	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised	85.0	3.0 oz	0.0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	135.0	1.0 cup, chopped or diced	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.0
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.0
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.0
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.0
05694	Turkey, dark meat from whole, enhanced, meat only, raw	85.0	1.0 serving	0.0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.0
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.0
18286	Muffins, wheat bran, toaster-type with raisins	28.35	1.0 oz	0.0
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.0
05698	Turkey, enhanced, skin from whole (light and dark), raw	28.35	1.0 oz	0.0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.0
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.0
05311	Chicken, canned, no broth	28.0	1.0 oz	0.0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.0
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.0
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.0
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.0
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	0.0
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.0
07971	Bologna, meat and poultry	33.0	1.0 slice	0.0
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.0
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.0
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.0
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.0
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.0
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.0
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.0
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.0
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.0
05335	Chicken, feet, boiled	28.35	1.0 oz	0.0
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet	0.0
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.0
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.0
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
27011	CAMPBELL'S CHUNKY Soups, Turkey Pot Pie - Fully Loaded	245.0	1.0 cup	0.0
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.0
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.0
05726	Turkey, thigh, from whole bird, enhanced, meat only, raw	85.0	3.0 serving	0.0
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.0
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0.0
42262	Sausage, chicken and beef, smoked	138.0	1.0 cup pieces	0.0
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
16603	MORNINGSTAR FARMS Sausage, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 biscuit	0.0
05730	Turkey, wing, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.0
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.0
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.0
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.0
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.0
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh, thigh without skin	0.0
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
43406	Yeast extract spread	6.0	1.0 tsp	0.0
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.0
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh, with skin	0.0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
08585	Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cranberry Crunch	58.0	1.25 cup (1 NLEA serving)	0.0
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.0
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0.0
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	0.0
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.0
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	0.0
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.0
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)	0.0
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.0
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.0
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.0
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
08597	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Frosted Shredded Wheat	60.0	1.0 cup (1 NLEA serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.0
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.0
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)	0.0
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.0
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.0
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.0
19107	Candies, hard	28.35	1.0 oz	0.0
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)	0.0
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.0
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.0
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.0
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
16415	Soy flour, full-fat, raw, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	0.0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.0
11432	Radishes, oriental, dried	116.0	1.0 cup	0.0
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	0.0
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	122.0	1.0 cup	0.0
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)	0.0
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.0
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.0
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.0
06019	Soup, chicken noodle, canned, condensed	126.0	0.5 cup	0.0
08616	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Cinnamon Streusel	54.0	23.0 biscuits (1 NLEA serving)	0.0
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	0.0
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
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	0.0
02047	Salt, table	6.0	1.0 tsp	0.0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
16157	Chickpea flour (besan)	92.0	1.0 cup	0.0
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.0
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
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)	0.0
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.0
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.0
43109	Pretzels, soft	143.0	1.0 large	0.0
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.0
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.0
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.0
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.0
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.0
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.0
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.0
43128	Chicken, meatless	168.0	1.0 cup	0.0
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.0
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
02066	Spearmint, dried	0.5	1.0 tsp	0.0
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
43132	Meatballs, meatless	144.0	1.0 cup	0.0
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	0.0
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.0
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
02074	Seasoning mix, dry, sazon, coriander & annatto	1.0	0.25 tsp	0.0
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	0.0
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.0
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.0
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.0
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	0.0
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.0
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
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	0.0
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
43146	Eggplant, pickled	136.0	1.0 cup	0.0
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.0
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0.0
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	0.0
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	0.0
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	0.0
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
16237	SILK Chocolate, soymilk	243.0	1.0 cup	0.0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.0
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.0
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.0
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	0.0
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.0
19154	Candies, sesame crunch	28.35	1.0 oz	0.0
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.0
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.0
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.0
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.0
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.0
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0.0
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.0
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	0.0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	0.0
19163	Chewing gum	3.0	1.0 stick	0.0
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.0
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)	0.0
16249	SILK Coffee, soymilk	243.0	1.0 cup	0.0
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.0
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.0
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.0
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
16542	MORNINGSTAR FARMS Veggie Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0.0
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.0
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)	0.0
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	0.0
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.0
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.0
05702	Turkey from whole, enhanced, light meat, meat and skin, raw	85.0	3.0 oz	0.0
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	0.0
42184	Cereals ready-to-eat, MUESLI, dried fruit and nuts	85.0	1.0 cup	0.0
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05706	Turkey, whole, enhanced, meat and skin, raw	85.0	3.0 oz	0.0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0.0
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.0
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.0
21401	Fast foods, chicken tenders	62.0	4.0 pieces	0.0
42188	Frankfurter, beef and pork, low fat	57.0	1.0 frankfurter	0.0
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
16561	MORNINGSTAR FARMS Mini Corn Dogs, frozen, unprepared	76.0	4.0 pieces	0.0
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.0
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.0
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.0
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.0
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.0
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
16584	GARDENBURGER, Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.0
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.0
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	1.0 serving	0.0
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.0
21409	Fast foods, bagel, with ham, egg, and cheese	191.0	1.0 item	0.0
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	0.0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.0
05718	Turkey, breast, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.0
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.0
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.0
08563	Cereals ready-to-eat, KASHI Granola, COCOA BEACH cereal	55.0	0.5 cup (1 NLEA serving)	0.0
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.0
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.0
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.0
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	0.0
17107	Veal, loin, separable lean only, raw	28.35	1.0 oz	0.0
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.0
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
06508	CAMPBELL'S SELECT Gold Label Soups, Creamy Portobello Mushroom Soup	245.0	1.0 cup	0.0
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0.0
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	0.0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.0
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 patty	0.0
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.0
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	0.0
06516	CAMPBELL'S SELECT Microwaveable Bowls, Italian Sausage Pasta & Pepperoni Soup	245.0	1.0 cup	0.0
06370	CAMPBELL'S Red and White, Pepper Pot Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.0
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.0
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.0
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
06525	CAMPBELL'S SELECT Microwaveable Bowls, Savory Chicken and Long Grain Rice Soup	245.0	1.0 cup	0.0
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0.0
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.0
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
06532	CAMPBELL'S SELECT Soup, Chicken & Pasta with Roasted Garlic Soup	245.0	1.0 cup	0.0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.0
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.0
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	0.0
06540	CAMPBELL'S SELECT Soup, Italian Sausage with Pasta & Pepperoni Soup	245.0	1.0 cup	0.0
06386	CAMPBELL'S CHUNKY Soups, BBQ Seasoned Pork Soup	245.0	1.0 cup	0.0
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0.0
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.0
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.0
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.0
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	0.0
06544	CAMPBELL'S SELECT Soup, Minestrone Soup	245.0	1.0 cup	0.0
06391	CAMPBELL'S CHUNKY, Chicken and Dumplings Soup	245.0	1.0 cup	0.0
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0
17131	Veal, shoulder, blade, separable lean only, raw	28.35	1.0 oz	0.0
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.0
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.0
06548	CAMPBELL'S SELECT Soup, Roasted Chicken with Long Grain & Wild Rice Soup	245.0	1.0 cup	0.0
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.0
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	0.0
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
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	0.0
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.0
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
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	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	0.0
14168	Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.0
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0.0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.0
06578	CAMPBELL'S SELECT Soup, Tomato Garden Soup	245.0	1.0 cup	0.0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.0
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.0
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.0
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.0
23293	Beef, Australian, grass-fed, ground, 85% lean / 15% fat, raw	85.0	1.0 serving (3 oz)	0.0
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.0
06590	CAMPBELL'S SOUP AT HAND, Creamy Chicken Soup	305.0	1.0 serving	0.0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.0
23297	Beef, Australian, grass-fed, seam fat, raw	28.35	1.0 oz	0.0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.0
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.0
06595	CAMPBELL'S SOUP AT HAND, Vegetable Beef Soup	305.0	1.0 serving	0.0
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	0.0
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.0
23301	Beef, Australian, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.0
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
04038	Oil, wheat germ	13.6	1.0 tablespoon	0.0
06421	CAMPBELL'S CHUNKY Soups, Herb Roasted Chicken with Potatoes & Garlic Soup	245.0	1.0 cup	0.0
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.0
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.0
23305	Beef, Australian, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.0
06615	SWANSON BROTH, Vegetable Broth	235.0	1.0 cup	0.0
23310	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0.0
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
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	0.0
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.0
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.0
23314	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0.0
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
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	0.0
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.0
23318	Beef, Australian, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
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	0.0
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	0.0
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	0.0
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.0
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
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	0.0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.0
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.0
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.0
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	0.0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.0
06963	Fish broth	244.0	1.0 cup	0.0
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.0
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.0
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.0
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	0.0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.0
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.0
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)	0.0
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.0
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.0
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.0
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
06321	CAMPBELL'S Golden Pork Gravy	59.0	0.25 cup	0.0
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
19335	Sugars, granulated	2.8	1.0 serving packet	0.0
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.0
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	0.0
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	0.0
06329	FRANCO-AMERICAN Slow Roast Beef Gravy	59.0	0.25 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17083	Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.0
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
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	0.0
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.0
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.0
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.0
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
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	0.0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.0
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.0
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.0
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
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	0.0
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	0.0
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0
06344	CAMPBELL'S Red and White, Creamy Chicken Verde Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
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	0.0
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	0.0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.0
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.0
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.0
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.0
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.0
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.0
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.0
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.0
04576	Fat, goose	12.8	1.0 tbsp	0.0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.0
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.0
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
07245	OSCAR MAYER, Wieners (cheese hot dogs with turkey)	45.0	1.0 serving	0.0
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.0
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	0.0
20132	Oat flour, partially debranned	104.0	1.0 cup	0.0
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
17224	Lamb, ground, raw	28.35	1.0 oz	0.0
20003	Arrowroot flour	128.0	1.0 cup	0.0
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
07249	LOUIS RICH, Chicken Breast Classic Baked /Grill (carving board)	45.0	1.0 serving	0.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.0
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.0
04588	Oil, oat	13.6	1.0 tbsp	0.0
07019	Chorizo, pork and beef	28.35	1.0 oz	0.0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
15023	Fish, dolphinfish, raw	85.0	3.0 oz	0.0
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.0
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.0
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20008	Buckwheat	170.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
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)	0.0
07253	LOUIS RICH, Franks (turkey and chicken)	45.0	1.0 serving	0.0
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)	0.0
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.0
07023	Frankfurter, beef and pork	45.0	1.0 frankfurter	0.0
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)	0.0
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.0
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	115.0	1.0 cup small shells	0.0
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
01072	Dessert topping, pressurized	70.0	1.0 cup	0.0
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20012	Bulgur, dry	140.0	1.0 cup	0.0
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.0
07257	LOUIS RICH, Turkey Breast and White Turkey (smoked sliced)	28.0	1.0 serving	0.0
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)	0.0
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.0
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.0
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.0
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	0.0
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.0
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.0
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07261	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	45.0	1.0 serving	0.0
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.0
07031	Ham salad spread	15.0	1.0 tbsp	0.0
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.0
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.0
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.0
20323	Cornmeal, self-rising, bolted, plain, enriched, white	122.0	1.0 cup	0.0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.0
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	0.0
07266	LOUIS RICH, Turkey Salami	28.0	1.0 serving	0.0
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.0
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.0
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0
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	0.0
20025	Cornmeal, self-rising, degermed, enriched, yellow	138.0	1.0 cup	0.0
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.0
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	0.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.0
18087	Cake mix, angelfood, dry	38.0	1.0 serving	0.0
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	0.0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.0
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.0
20030	Hominy, canned, white	165.0	1.0 cup	0.0
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	0.0
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
20034	Oat bran, cooked	219.0	1.0 cup	0.0
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.0
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.0
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.0
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.0
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.0
17256	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.0
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
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)	0.0
04639	Salad dressing, ranch dressing, commercial, regular	15.0	1.0 tablespoon	0.0
20466	Semolina, unenriched	167.0	1.0 cup	0.0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
17260	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.0
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.0
01253	Cheese, pasteurized process, American, without added vitamin D	140.0	1.0 cup, diced	0.0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.0
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.0
20521	Spaghetti, cooked, unenriched, with added salt	140.0	1.0 cup	0.0
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.0
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	0.0
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.0
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)	0.0
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)	0.0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.0
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.0
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.0
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	0.0
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.0
14553	Wine, non-alcoholic	29.0	1.0 fl oz	0.0
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.0
20054	Rice, white, glutinous, raw	185.0	1.0 cup	0.0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0.0
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.0
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.0
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.0
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	0.0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0.0
20062	Rye	169.0	1.0 cup	0.0
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)	0.0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.0
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.0
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.0
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.0
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.0
20066	Semolina, enriched	167.0	1.0 cup	0.0
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.0
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.0
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.0
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.0
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.0
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.0
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.0
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	0.0
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.0
20074	Wheat, hard white	192.0	1.0 cup	0.0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01006	Cheese, brie	28.35	1.0 oz	0.0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.0
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.0
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.0
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.0
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.0
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.0
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.0
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.0
20078	Wheat germ, crude	115.0	1.0 cup	0.0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	1.0 serving (3 oz)	0.0
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)	0.0
01010	Cheese, cheshire	28.35	1.0 oz	0.0
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.0
10129	Pork, cured, breakfast strips, cooked	85.0	3.0 oz	0.0
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.0
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.0
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.0
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.0
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.0
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.0
07203	OSCAR MAYER, Bologna (fat free)	28.0	1.0 serving	0.0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.0
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.0
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	0.0
20088	Wild rice, raw	160.0	1.0 cup	0.0
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.0
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
01018	Cheese, edam	28.35	1.0 oz	0.0
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.0
21036	Fast foods, chicken, breaded and fried, light meat (breast or wing)	163.0	2.0 pieces	0.0
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
20092	Pasta, corn, cooked	140.0	1.0 cup	0.0
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.0
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.0
01022	Cheese, gouda	28.35	1.0 oz	0.0
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0.0
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.0
18169	Cookies, coconut macaroons, prepared from recipe	28.35	1.0 oz	0.0
21047	Entrees, fish fillet, battered or breaded, and fried	91.0	1.0 fillet	0.0
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	28.35	1.0 oz	0.0
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.0
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.0
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
07216	OSCAR MAYER, Ham (water added, smoked, cooked)	63.0	1.0 serving	0.0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.0
15103	Fish, spot, raw	64.0	1.0 fillet	0.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.0
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.0
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.0
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18021	Bread, boston brown, canned	28.35	1.0 oz	0.0
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	0.0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
01030	Cheese, muenster	132.0	1.0 cup, diced	0.0
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.0
07221	OSCAR MAYER, Luncheon Loaf (spiced)	28.0	1.0 serving	0.0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.0
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.0
18177	Cookies, molasses	28.35	1.0 oz	0.0
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.0
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.0
18025	Bread, cracked-wheat	28.35	1.0 oz	0.0
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	0.0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.0
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.0
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
07225	OSCAR MAYER, Pork Sausage Links (cooked)	48.0	1.0 serving 2 links	0.0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.0
15111	Fish, swordfish, cooked, dry heat	106.0	1.0 piece	0.0
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.0
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.0
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	0.0
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
01038	Cheese, romano	28.35	1.0 oz	0.0
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.0
07229	OSCAR MAYER, Salami (Genoa)	27.0	1.0 serving 3 slices	0.0
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.0
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.0
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.0
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
01042	Cheese, pasteurized process, American, fortified with vitamin D	140.0	1.0 cup, diced	0.0
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
07233	OSCAR MAYER, Smokies (beef)	43.0	1.0 serving (1 link)	0.0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.0
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.0
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.0
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.0
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.0
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.0
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.0
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07237	OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat	46.0	1.0 serving 2 slices	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.0
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.0
18196	Cookies, brownies, dry mix, special dietary	28.35	1.0 oz	0.0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.0
07005	Blood sausage	100.0	4.0 slices	0.0
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.0
18044	Bread, pumpernickel	28.35	1.0 oz	0.0
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	140.0	1.0 cup	0.0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.0
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.0
27018	CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	0.0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.0
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.0
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.0
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.0
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
16112	Miso	17.0	1.0 tbsp	0.0
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.0
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.0
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.0
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.0
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.0
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.0
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.0
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.0
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.0
18213	Cookies, vanilla wafers, higher fat	28.35	1.0 oz	0.0
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.0
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.0
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.0
18344	Rolls, dinner, egg	28.35	1.0 oz	0.0
18217	Crackers, matzo, plain	14.2	0.5 oz	0.0
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.0
05621	Emu, ground, raw	117.0	1.0 patty	0.0
08305	Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored	30.0	1.0 cup (1 NLEA serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.0
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.0
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.0
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.0
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.0
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.0
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
10949	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
21308	McDONALD'S, Chicken SELECTS Premium Breast Strips	124.0	3.0 pieces 4.4 oz	0.0
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.0
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.0
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.0
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.0
05641	Ostrich, ground, raw	109.0	1.0 patty	0.0
08352	Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor	32.0	0.75 cup (1 NLEA serving)	0.0
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
08076	Cereals ready-to-eat, POST TOASTIES corn flakes	28.0	1.0 cup (1 NLEA serving)	0.0
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.0
21317	McDONALD'S, Biscuit, regular size	76.0	1.0 item 2.7 oz	0.0
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.0
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.0
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.0
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.0
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.0
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.0
21323	McDONALD'S, Sausage Patty	43.0	1.5 oz	0.0
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.0
12061	Nuts, almonds	143.0	1.0 cup, whole	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.0
18237	Cream puffs, prepared from recipe, shell (includes eclair)	28.35	1.0 oz	0.0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.0
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.0
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.0
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.0
28292	Crackers, multigrain	14.0	4.0 crackers	0.0
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	1.0 cup (1 NLEA serving)	0.0
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.0
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	0.0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.0
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.0
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
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)	0.0
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.0
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.0
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.0
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.0
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.0
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.0
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.0
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.0
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.0
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.0
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.0
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.0
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.0
18398	Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled	28.0	1.0 piece (1/8 of 9" crust)	0.0
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
21141	BURGER KING, Vanilla Shake	25.0	1.0 fluid ounce	0.0
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.0
08444	Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Country Ham, dry	28.0	1.0 packet	0.0
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.0
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.0
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.0
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.0
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.0
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.0
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.0
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	0.0
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.0
08452	Cereals, QUAKER, Whole Wheat Natural Cereal	40.0	0.5 cup	0.0
05216	Turkey, back, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.0
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.0
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.0
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.0
05679	Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted	91.0	1.0 drumstick without skin	0.0
05228	Turkey, wing, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.0
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.0
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.0
42130	Turkey bacon, cooked	82.0	1.0 cup pieces	0.0
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.0
05683	Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0.0
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.0
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
05687	Chicken, dark meat, drumstick, meat and skin, enhanced, braised	106.0	1.0 drumstick with skin	0.0
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.0
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.0
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.0
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.0
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
05691	Chicken, dark meat, thigh, meat and skin, enhanced, raw	85.0	3.0 oz	0.0
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.0
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.0
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.0
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.0
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.0
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.0
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85.0	1.0 serving	0.0
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.0
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.0
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.0
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.0
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.0
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.0
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.0
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	0.0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.0
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.0
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.0
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.0
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.0
21058	Fast foods, scallops, breaded and fried	144.0	6.0 pieces	0.0
25059	Snacks, brown rice chips	9.0	1.0 cake	0.0
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	55.0	1.0 cup (1 NLEA serving)	0.0
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	0.0
16087	Peanuts, all types, raw	146.0	1.0 cup	0.0
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.0
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.0
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	0.0
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.0
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.0
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.0
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.0
13360	Beef, cured, thin-sliced beef	28.35	1.0 oz	0.0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.0
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.0
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.0
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.0
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.0
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.0
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.0
16099	Peanut flour, defatted	60.0	1.0 cup	0.0
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.0
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	0.0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.0
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.0
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0
16597	MORNINGSTAR FARMS Entree Chili, frozen, unprepared	254.0	1.0 cup	0.0
05727	Turkey, retail parts, enhanced, breast, meat and skin, raw	85.0	3.0 oz	0.0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.0
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.0
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")	0.0
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	0.0
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 piece	0.0
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.0
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.0
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	0.0
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	0.0
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0.0
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.0
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	65.0	1.0 wing, wing with skin	0.0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.0
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.0
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.0
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	63.0	1.0 wing, with skin	0.0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.0
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.0
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.0
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0.0
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	0.0
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.0
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
05744	Turkey, back, from whole bird, enhanced, meat and skin, raw	85.0	3.0 oz	0.0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.0
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	0.0
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.0
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.0
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.0
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.0
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	0.0
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.0
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	0.0
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
19108	Candies, jellybeans	11.0	10.0 small	0.0
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.0
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	0.0
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	0.0
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	0.0
19112	Candies, TWIZZLERS Strawberry Twists Candy	71.0	2.5 oz 2.5 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.0
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.0
43026	Syrups, dietetic	240.0	1.0 cup	0.0
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	0.0
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.0
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.0
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.0
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	182.0	1.0 cup	0.0
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.0
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.0
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.0
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
02048	Vinegar, cider	14.9	1.0 tbsp	0.0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
16158	Hummus, commercial	15.0	1.0 tbsp	0.0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.0
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.0
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	55.0	0.67 cup	0.0
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	0.0
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.0
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13434	Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
43129	Fish sticks, meatless	28.0	1.0 stick	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
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	0.0
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	0.0
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.0
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	0.0
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.0
43134	Vegetarian fillets	85.0	1.0 fillet	0.0
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	0.0
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.0
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	0.0
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
90560	Mollusks, snail, raw	85.0	3.0 oz	0.0
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0.0
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	0.0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1.0 oz	0.0
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.0
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.0
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	0.0
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.0
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
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	0.0
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.0
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.0
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	0.0
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.0
19147	Candies, peanut bar	28.35	1.0 oz	0.0
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	0.0
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	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.0
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.0
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
16238	SILK Light Plain, soymilk	243.0	1.0 cup	0.0
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.0
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup (8 fl oz)	0.0
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.0
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	0.0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.0
06062	CAMPBELL'S, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.0
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	0.0
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.0
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
16246	SILK Nog, soymilk	122.0	0.5 cup	0.0
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	0.0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.0
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.0
06066	Soup, turkey vegetable, canned, condensed	123.0	0.5 cup (4 fl oz)	0.0
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0.0
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.0
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.0
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)	0.0
16250	SILK Vanilla soy Yogurt (Family size)	227.0	1.0 container	0.0
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)	0.0
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0.0
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)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	0.0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.0
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	0.0
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 piece	0.0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.0
05703	Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.0
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.0
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.0
19181	Candies, YORK BITES	39.0	15.0 pieces	0.0
05707	Turkey, whole, enhanced, meat and skin, roasted	85.0	3.0 oz	0.0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
06105	CAMPBELL'S Red and White, BATMAN Fun Shapes Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	1.0 cup	0.0
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.0
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.0
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.0
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.0
13498	Beef, ground, 70% lean meat / 30% fat, raw	28.0	1.0 ounce	0.0
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.0
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
05719	Turkey, back, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.0
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.0
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.0
21415	POPEYES, Biscuit	59.0	1.0 biscuit	0.0
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL	57.0	1.0 cup	0.0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.0
08565	Cereals ready-to-eat, KASHI Granola, Summer Berry cereal	55.0	0.5 cup (1 NLEA serving)	0.0
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17104	Veal, loin, separable lean and fat, raw	28.35	1.0 oz	0.0
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.0
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
14384	Water, bottled, PERRIER	29.6	1.0 fl oz	0.0
06362	CAMPBELL'S Red and White, Hearty Vegetable with Pasta Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
06509	CAMPBELL'S SELECT Gold Label Soups, Golden Butternut Squash Soup	245.0	1.0 cup	0.0
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.0
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.0
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
06517	CAMPBELL'S SELECT Microwaveable Bowls, Italian-Style Wedding Soup	245.0	1.0 cup	0.0
06371	CAMPBELL'S Red and White, Scotch Broth, condensed	124.0	1.0 serving 1/2 cup	0.0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.0
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.0
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.0
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.0
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.0
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.0
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
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)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.0
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
06533	CAMPBELL'S SELECT Soup, Chicken Vegetable Medley Soup	245.0	1.0 cup	0.0
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.0
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	0.0
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.0
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.0
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
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	0.0
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
06541	CAMPBELL'S SELECT Soup, Italian-Style Wedding Soup	245.0	1.0 cup	0.0
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0.0
17128	Veal, shoulder, blade, separable lean and fat, raw	28.35	1.0 oz	0.0
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.0
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.0
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.0
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	0.0
06545	CAMPBELL'S SELECT Soup, New England Clam Chowder	256.0	1.0 cup	0.0
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.0
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	0.0
14153	Carbonated beverage, pepper-type, contains caffeine	30.7	1.0 fl oz	0.0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.0
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	0.0
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.0
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	0.0
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	0.0
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0.0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.0
06556	CAMPBELL'S SELECT Soup, Split Pea with Roasted Ham Soup	245.0	1.0 cup	0.0
14169	Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.0
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.0
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.0
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.0
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.0
06580	CAMPBELL'S SELECT Soup, Vegetable Medley Soup	245.0	1.0 cup	0.0
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.0
17144	Game meat, antelope, raw	28.35	1.0 oz	0.0
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	0.0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.0
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
06586	CAMPBELL'S SOUP AT HAND, Chicken & Stars Soup	305.0	1.0 serving	0.0
14195	Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	0.0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.0
23294	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	150.0	1.0 steak	0.0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
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	0.0
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.0
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	0.0
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.0
23298	Beef, Australian, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.0
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.0
06596	CAMPBELL'S SOUP AT HAND, Velvety Potato Soup	305.0	1.0 serving	0.0
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	0.0
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.0
23302	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	150.0	1.0 steak	0.0
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.0
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	0.0
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.0
23307	Beef, Australian, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	85.0	3.0 oz	0.0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
04055	Oil, palm	13.6	1.0 tbsp	0.0
06617	CAMPBELL'S SELECT Soup, HEALTHY REQUEST Italian-Style Wedding Soup	245.0	1.0 cup	0.0
14229	Coffee, instant, with sugar, french-flavor, powder	13.0	4.0 teaspoon (1 serving)	0.0
17164	Game meat, deer, raw	28.35	1.0 oz	0.0
23311	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0.0
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
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	0.0
14240	Cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.0
17168	Goat, raw	28.35	1.0 oz	0.0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.0
23315	Beef, Australian, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
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	0.0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.0
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.0
06436	CAMPBELL'S CHUNKY Soups, Pork Roast with Carrots & Potatoes Soup	245.0	1.0 cup	0.0
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
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	0.0
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)	0.0
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	0.0
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	0.0
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.0
23323	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	0.0
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.0
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.0
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	0.0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.0
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.0
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17068	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw	28.35	1.0 oz	0.0
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.0
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.0
17072	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw	28.35	1.0 oz	0.0
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
04516	Oil, teaseed	13.6	1.0 tablespoon	0.0
17076	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw	28.35	1.0 oz	0.0
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.0
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
04528	Oil, walnut	13.6	1.0 tbsp	0.0
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	0.0
06458	CAMPBELL'S CHUNKY Soups, Smoked Chicken with Roasted Corn Chowder	245.0	1.0 cup	0.0
06324	CAMPBELL'S Microwavable Beef Gravy	59.0	0.25 cup	0.0
17080	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw	28.35	1.0 oz	0.0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.0
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.0
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	0.0
06332	CAMPBELL'S Microwavable Turkey Gravy	60.0	0.25 cup	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.0
17084	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.0
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.0
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	0.0
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	0.0
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.0
19352	Syrups, malt	332.0	1.0 cup	0.0
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.0
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.0
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.0
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.0
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	0.0
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	0.0
06346	CAMPBELL'S Red and White, Curly Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.0
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
19194	Puddings, rice, dry mix	106.0	1.0 package	0.0
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.0
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.0
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.0
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
07242	OSCAR MAYER, Wieners (beef franks, bun length)	57.0	1.0 serving (1 link)	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.0
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.0
04581	Oil, avocado	14.0	1.0 tbsp	0.0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.0
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.0
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
07246	OSCAR MAYER, Wieners (fat free hot dogs)	50.0	1.0 serving	0.0
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.0
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.0
20133	Rice noodles, dry	57.0	2.0 oz	0.0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.0
20004	Barley, hulled	184.0	1.0 cup	0.0
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
07250	LOUIS RICH, Chicken Breast (oven roasted deluxe)	28.0	1.0 serving	0.0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.0
04589	Fish oil, cod liver	13.6	1.0 tbsp	0.0
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
20140	Spelt, uncooked	174.0	1.0 cup	0.0
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.0
01069	Cream substitute, powdered	94.0	1.0 cup	0.0
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)	0.0
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.0
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
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)	0.0
07254	LOUIS RICH, Turkey Bacon	14.0	1.0 serving	0.0
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)	0.0
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.0
04593	Fish oil, salmon	13.6	1.0 tbsp	0.0
07024	Frankfurter, chicken	45.0	1.0 link	0.0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.0
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	28.0	1.0 slice	0.0
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.0
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.0
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
20013	Bulgur, cooked	182.0	1.0 cup	0.0
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
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)	0.0
07258	LOUIS RICH, Turkey (honey roasted, fat free)	56.0	1.0 serving	0.0
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.0
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.0
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.0
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.0
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.0
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.0
07262	LOUIS RICH, Turkey Breast (smoked, portion fat free)	56.0	1.0 serving	0.0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.0
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	0.0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.0
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.0
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	0.0
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.0
07267	LOUIS RICH, Turkey Salami Cotto	28.0	1.0 serving	0.0
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.0
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	75.0	1.0 link	0.0
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
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	0.0
20027	Cornstarch	128.0	1.0 cup	0.0
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	0.0
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.0
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.0
15044	Fish, ling, raw	85.0	3.0 oz	0.0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.0
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	0.0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.0
20031	Millet, raw	200.0	1.0 cup	0.0
23396	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.0
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
12058	Nuts, acorns, raw	28.35	1.0 oz	0.0
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.0
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.0
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.0
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	0.0
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.0
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.0
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.0
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.0
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.0
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.0
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.0
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.0
17257	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.0
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.0
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
17261	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.0
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0.0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.0
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.0
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	0.0
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.0
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.0
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.0
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	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20051	Rice, white, medium-grain, cooked	186.0	1.0 cup	0.0
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
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)	0.0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.0
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled	150.0	1.0 chop boneless	0.0
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.0
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.0
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.0
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.0
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.0
14555	Water, bottled, generic	29.6	1.0 fl oz	0.0
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.0
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	0.0
23533	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.0
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.0
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.0
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.0
07068	Salami, cooked, beef	26.0	1.0 slice	0.0
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.0
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.0
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.0
17334	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw	85.0	1.0 serving (3 oz)	0.0
20063	Rye flour, dark	128.0	1.0 cup	0.0
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)	0.0
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)	0.0
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.0
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.0
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.0
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.0
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.0
20067	Sorghum	192.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0.0
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.0
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.0
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.0
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.0
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.0
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.0
20071	Wheat, hard red spring	192.0	1.0 cup	0.0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.0
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.0
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.0
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.0
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.0
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.0
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	0.0
17346	Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0.0
20075	Wheat, soft white	168.0	1.0 cup	0.0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.0
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01007	Cheese, camembert	28.35	1.0 oz	0.0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.0
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.0
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.0
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.0
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.0
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.0
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
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)	0.0
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.0
01011	Cheese, colby	132.0	1.0 cup, diced	0.0
07200	OSCAR MAYER, Bologna (chicken, pork, beef)	28.0	1.0 serving	0.0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.0
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.0
14625	Energy drink, AMP	240.0	1.0 serving	0.0
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	0.0
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.0
23572	Beef, ground, 80% lean meat / 20% fat, raw	85.0	1.0 serving (3 oz)	0.0
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	85.0	3.0 oz	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.0
07205	OSCAR MAYER, Bologna Light (pork, chicken, beef)	28.0	1.0 serving (1 slice)	0.0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.0
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.0
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.0
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.0
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.0
20089	Wild rice, cooked	164.0	1.0 cup	0.0
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.0
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.0
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.0
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0.0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.0
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.0
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.0
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.0
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.0
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.0
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
01023	Cheese, gruyere	132.0	1.0 cup, diced	0.0
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.0
07213	OSCAR MAYER, Ham (water added, baked cooked 96% fat free)	63.0	1.0 serving (3 slices)	0.0
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.0
01156	Cheese, goat, hard type	28.35	1.0 oz	0.0
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.0
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.0
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	0.0
07217	OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)	47.0	1.0 serving	0.0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.0
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.0
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.0
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	0.0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
01031	Cheese, neufchatel	28.35	1.0 oz	0.0
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.0
07222	OSCAR MAYER, Old Fashioned Loaf	28.0	1.0 serving	0.0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.0
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.0
06985	Gravy, HEINZ Home Style Savory Beef Gravy	57.0	1.0 serving 1/4 cup 2 oz	0.0
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
18027	Bread, egg	28.35	1.0 oz	0.0
20107	Macaroni, whole-wheat, dry	105.0	1.0 cup elbow shaped	0.0
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
01035	Cheese, provolone	132.0	1.0 cup, diced	0.0
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
07226	OSCAR MAYER, Salami Beef Cotto	46.0	1.0 serving 2 slices	0.0
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.0
15112	Fish, tilefish, raw	85.0	3.0 oz	0.0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.0
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
20111	Noodles, egg, spinach, dry, enriched	38.0	1.0 cup	0.0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
01039	Cheese, roquefort	28.35	1.0 oz	0.0
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	0.0
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	0.0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.0
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.0
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.0
18037	Bread, oat bran	28.35	1.0 oz	0.0
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.0
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.0
07234	OSCAR MAYER, Smokies (cheese)	43.0	1.0 serving	0.0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.0
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.0
20120	Spaghetti, dry, enriched	57.0	2.0 oz	0.0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.0
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.0
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	0.0
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
07238	OSCAR MAYER, Summer Sausage Thuringer Cervalat	46.0	1.0 serving 2 slices	0.0
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.0
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.0
18197	Cookies, brownies, dry mix, special dietary, prepared	28.35	1.0 oz	0.0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.0
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)	0.0
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.0
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.0
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	0.0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0