

# USDA National Nutrient Database for Standard Reference Release 28

## Nutrients: Vitamin B-6 (mg)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: Household

Report Run at: November 03, 2015 09:50 EST

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	9.836
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	7.163
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	5.591
14156	Beverages, 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	4.988
20060	Rice bran, crude	118.0	1.0 cup	4.803
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	3.998
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	3.998
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	3.720
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	3.101
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	2.926
05305	Ground turkey, raw	453.6	1.0 lb	2.558
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	2.489
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	2.489
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	2.489
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	2.424
19304	Molasses	337.0	1.0 cup	2.258
19355	Syrups, sorghum	330.0	1.0 cup	2.211
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	2.091
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	2.002
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	2.002
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	2.001
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	2.001
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	2.001
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	2.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	2.000
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	2.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	2.000
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	2.000
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	2.000
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	1.999
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	1.999
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	1.999
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	1.999
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	1.999
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	1.999
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	1.998
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	1.998
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	1.997
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	1.997
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	1.996
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	1.972
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	1.814
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.774
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.736
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	1.722
11215	Garlic, raw	136.0	1.0 cup	1.680
03213	Babyfood, cookies	28.35	1.0 oz	1.672
19352	Syrups, malt	332.0	1.0 cup	1.660
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	1.624
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1.608
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	1.558
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	1.496
20078	Wheat germ, crude	115.0	1.0 cup	1.495
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	1.490
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1.468
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	1.460
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	1.441
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	1.418
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.380
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.380
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	1.330

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	1.301
43134	Vegetarian fillets	85.0	1.0 fillet	1.275
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	1.260
42270	Beverages, Orange juice drink	249.0	1.0 cup	1.245
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	1.233
11413	Potato flour	160.0	1.0 cup	1.230
43128	Chicken, meatless	168.0	1.0 cup	1.176
16106	Meat extender	88.0	1.0 cup	1.176
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1.165
20090	Rice flour, brown	158.0	1.0 cup	1.163
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	1.155
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	1.152
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.141
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.138
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	1.135
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	1.135
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	1.109
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.107
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	1.106
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	1.099
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	1.096
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	1.087
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	1.081
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.079
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.079
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	1.072
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.070
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.069
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.069
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	1.061
20131	Barley malt flour	162.0	1.0 cup	1.061
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.058
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	1.058
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	1.057
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	1.050

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.047
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	1.043
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	1.042
16069	Lentils, raw	192.0	1.0 cup	1.037
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1.035
20014	Corn grain, yellow	166.0	1.0 cup	1.033
20314	Corn grain, white	166.0	1.0 cup	1.033
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.029
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.029
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.029
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1.024
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)	1.023
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	1.021
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.015
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	1.012
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1.009
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	1.008
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1.001
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	1.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	1.000
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	1.000
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.998
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.983
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.983
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.967
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.963
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.946
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.944
20142	Teff, uncooked	193.0	1.0 cup	0.930
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.927
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.927
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.924
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.924
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.921
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.918

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.917
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.915
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.915
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.911
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.908
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)	0.907
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.906
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.903
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.898
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.891
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.890
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	0.889
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.885
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.884
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.884
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.882
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.882
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.882
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.881
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.866
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.861
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.861
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.853
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.852
20067	Sorghum grain	192.0	1.0 cup	0.851
01115	Whey, sweet, dried	145.0	1.0 cup	0.847
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.846
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.840
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.840
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.839
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.837
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.836
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.836
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.836
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.834

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.832
20035	Quinoa, uncooked	170.0	1.0 cup	0.828
09040	Bananas, raw	225.0	1.0 cup, mashed	0.826
23247	Beef, top loin fillet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.823
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.822
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.818
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.818
23248	Beef, top loin fillet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.814
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.814
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.813
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.812
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.811
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.808
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.808
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.807
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.807
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.806
20076	Wheat, durum	192.0	1.0 cup	0.804
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.802
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.800
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.798
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 weighing 149g)	0.797
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.793
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.792
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.792
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.791
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.784
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.783
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.783
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.779
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.776
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.774
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.772
11683	Carrot, dehydrated	74.0	1.0 cup	0.770
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.770
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.770

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20031	Millet, raw	200.0	1.0 cup	0.768
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.768
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.766
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.757
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.757
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.756
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.756
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.756
20077	Wheat bran, crude	58.0	1.0 cup	0.756
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.755
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.755
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.754
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.751
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.751
05621	Emu, ground, raw	117.0	1.0 patty	0.751
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.750
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.749
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.747
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.746
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.745
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.744
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.744
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.742
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.742
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYN0-BITES	27.0	0.75 cup	0.740
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.739
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.738
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.738
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)	0.738
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.736
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.735
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.734
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.733
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.733
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.732
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.730

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.730
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.730
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.729
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.729
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.728
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.728
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.726
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.725
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.724
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 )	0.724
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.724
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.723
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.722
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.722
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.722
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.718
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.717
11432	Radishes, oriental, dried	116.0	1.0 cup	0.717
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.716
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.716
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.716
05150	Goose, liver, raw	94.0	1.0 liver	0.714
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.714
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.714
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.714
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)	0.713
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.711
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.711
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.711
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.711
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	0.707
20074	Wheat, hard white	192.0	1.0 cup	0.707
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.704



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15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.703
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.702
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.701
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.701
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	0.701
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.701
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.701
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.701
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.701
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.700
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.700
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	0.700
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.700
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.700
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0.699
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.699
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.699
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	0.699
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.699
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.698
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.698
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.698
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	0.698
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	0.698
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.697
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.696
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.696
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	0.696
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.695
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.695
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.695
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.694
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.694
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.693
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.692

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.692
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.691
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.691
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.691
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.691
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.691
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)	0.690
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.690
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.690
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)	0.690
16104	Bacon, meatless	144.0	1.0 cup	0.690
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	0.689
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.689
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.689
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.686
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.686
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.686
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.686
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.686
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.683
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.683
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.683
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.682
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.682
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.681
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.681
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.681
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.681
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.680
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.679
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.676
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.675
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.675
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.673

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.673
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.672
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.672
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.672
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.672
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.672
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.672
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.671
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.670
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.669
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.669
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.669
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.668
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.667
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)	0.667
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.666
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.665
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.664
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.664
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.664
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.664
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.663
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.662
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.661
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.660
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.660
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.659
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.659
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.659
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.658
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.658
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.656
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.656
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.656

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11349	Poi	240.0	1.0 cup	0.655
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.655
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.655
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.655
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.654
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.654
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.654
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.654
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.653
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.652
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.651
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.650
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.650
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.650
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.647
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.647
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.647
20071	Wheat, hard red spring	192.0	1.0 cup	0.645
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	0.644
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.644
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.644
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	0.643
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.643
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.643
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.643
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.643
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.643
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.643
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.643
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.643
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.642
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.642
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.642

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.642
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	0.641
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.639
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.638
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.638
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.638
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.636
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.636
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.636
20075	Wheat, soft white	168.0	1.0 cup	0.635
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.635
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.634
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.)	0.634
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.634
23258	Beef, loin, top sirloin fillet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.634
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.)	0.631
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.631
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.630
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.630
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.630
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.629
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.629
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.629
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.628
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.628
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.627
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	0.626
20088	Wild rice, raw	160.0	1.0 cup	0.626
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.625
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.625
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.625
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.624
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.624
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.623
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.622

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.622
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.621
23286	Beef, top loin fillet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.620
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0.620
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.619
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	0.619
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.619
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.618
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.617
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.617
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.615
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.615
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.615
23274	Beef, ribeye fillet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.614
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.614
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.614
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.613
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.613
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.612
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.612
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.612
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	0.611
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.611
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.611
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.611
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.610
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.609
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.608
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.608
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.607
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	0.607
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	0.607
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.606

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
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	0.605
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	0.605
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.604
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.604
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.603
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.603
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.603
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.603
16117	Soy flour, defatted	105.0	1.0 cup	0.603
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.603
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.602
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.601
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.601
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.600
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.600
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.600
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.599
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.598
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.597
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.597
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.596
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.596
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	0.595
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.594
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.592
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.592
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.592
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.592
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.592
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.592
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.592
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.589
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.588
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.588
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.588

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.587
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.587
20130	Barley flour or meal	148.0	1.0 cup	0.586
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.586
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.586
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.586
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.586
20004	Barley, hulled	184.0	1.0 cup	0.585
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.584
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.584
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.583
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.582
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.582
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.581
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.580
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.580
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.579
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.579
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.579
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.579
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.578
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)	0.578
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.577
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.577
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.576
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0.576
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.576
20072	Wheat, hard red winter	192.0	1.0 cup	0.576
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.576
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.576
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.575
05630	Emu, outside drum, raw	85.0	3.0 oz	0.575
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.574
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.574
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.574



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.574
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.574
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.574
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.573
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.573
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	0.572
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)	0.572
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.572
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.571
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.571
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.569
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.569
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.569
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.567
20063	Rye flour, dark	128.0	1.0 cup	0.567
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.567
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.567
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	0.566
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.566
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.565
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.565
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.565
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.564
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.564
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	0.564
23284	Beef, top loin fillet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.563
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.563
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	0.563
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.562
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.562
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.561
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.561
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.561

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(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)	0.561
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.560
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.560
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.560
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.560
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.560
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.560
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.558
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.558
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.558
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.558
09294	Prune juice, canned	256.0	1.0 cup	0.558
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.558
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	0.558
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.558
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.557
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.556
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.556
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.556
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.556
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.555
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.555
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.554
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.553
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.553
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.553
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	0.552
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.552
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.552
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.551
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.551
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.551
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.551

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.551
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.551
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.551
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.551
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.551
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.551
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.550
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.550
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.550
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.550
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.550
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.550
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.550
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.549
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.549
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.549
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.548
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.548
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.548
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.547
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.547
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.547
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.547
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.547
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.547
05626	Emu, full rump, raw	85.0	3.0 oz	0.547
05631	Emu, oyster, raw	85.0	3.0 oz	0.547
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.546
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.546
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.546
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	0.546
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.545
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.545

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.545
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.545
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.545
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.545
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.544
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.544
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.544
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.544
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.543
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.543
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.543
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.543
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.542
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	0.542
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.542
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.542
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.542
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.542
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.541
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.541
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.541
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.541
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.541
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.541
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.540
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.540
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.540
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.540
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0.539
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.539
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.539
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.538
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0.538
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.538
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.537

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.537
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.537
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.537
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.536
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.536
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.536
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.536
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	0.536
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.536
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.536
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.535
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.535
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.535
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.534
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.534
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.534
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.534
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.533
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.533
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.533
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.532
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.532
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.532
05628	Emu, inside drum, raw	85.0	3.0 oz	0.532
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.532
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.531
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.530
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.530
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.530
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.530
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.530
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.530
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.529
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.529
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.529
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.529

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
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	0.529
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.529
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.528
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.528
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	0.527
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.526
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.526
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.525
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.525
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.525
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.525
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.525
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.525
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.525
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.525
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.524
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.524
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.524
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.524
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.524
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.523
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.523
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.523
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.523
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.523
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.523
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.523
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.522
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.522
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.522
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.522
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.521

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.521
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.520
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	0.520
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.520
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.520
20005	Barley, pearled, raw	200.0	1.0 cup	0.520
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.520
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.519
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.519
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.519
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.519
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.519
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.519
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.518
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.518
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.518
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.518
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.518
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.518
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.518
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.518
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.518
05641	Ostrich, ground, raw	109.0	1.0 patty	0.518
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.518
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.518
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.516
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.516
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.516
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.516
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.516
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.516
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.515
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.515
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.515
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.514
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.513

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23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.513
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.513
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.513
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.513
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.512
11655	Carrot juice, canned	236.0	1.0 cup	0.512
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.512
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.512
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.511
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.511
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.511
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.511
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.511
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.510
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.510
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.510
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.510
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	0.510
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.510
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	0.510
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.510
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.510
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.510
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.509
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.509
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.509
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.508
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.508
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.507
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.507
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.507
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.506
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.506
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.506



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.506
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	0.506
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.505
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.505
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.504
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.504
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.504
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.504
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.504
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.503
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.502
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.502
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.502
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.502
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.502
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.502
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.502
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.502
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.502
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	0.502
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.502
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.502
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.501
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	0.501
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.501
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	0.501
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.501
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.501
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	0.501
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.501
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.501
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.501
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.501
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)	0.501
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.501

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.501
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.501
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.501
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	0.501
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.501
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.501
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.500
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.500
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.500
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.500
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.500
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.500
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.500
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.500
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.500
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.500
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.500
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.500
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.500
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.500
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.500
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.500
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.500
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.500
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.500
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.500
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.500
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.500
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.500
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.500
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.499
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.499
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.499
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.499

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	0.499
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	0.499
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	0.499
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.499
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	0.499
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.499
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.499
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.499
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	0.499
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.499
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.499
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	0.499
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.499
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	29.0	0.75 cup (1 NLEA serving)	0.499
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.499
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.499
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.499
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.498
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.498
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	0.498
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.498
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.498
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.498
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.498
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.498
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.498
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.498
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.498
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.498
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.498
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.498
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.498
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.498
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.498
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.498
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.498

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.498
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.498
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.498
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.498
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.498
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.498
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.498
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	0.498
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.498
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.498
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.497
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.497
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.497
20062	Rye grain	169.0	1.0 cup	0.497
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.497
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.496
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.496
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	0.496
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.496
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.496
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	0.496
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.496
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.496
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.496
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.495
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0.495
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.495
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.495
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0.495
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.495
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.495
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.495
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	0.495
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.495
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.495

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15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.495
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.495
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.495
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.494
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.494
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.494
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.493
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.493
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.493
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	0.493
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.493
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	0.493
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.493
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.493
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0.493
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.493
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.492
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.492
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.492
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.492
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.491
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.491
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.491
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	0.491
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.491
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.490
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.490
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.490
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.490
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.490
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.490
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)	0.490
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.489
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.489
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.489

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.488
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.488
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	0.488
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.488
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.488
05158	Quail, meat only, raw	92.0	1.0 quail	0.488
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.487
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	0.487
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.486
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.486
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.486
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.486
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	0.485
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	0.485
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.485
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.485
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.485
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.485
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.484
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.484
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.484
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.484
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.484
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.484
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.484
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.484
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.484
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.484
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.484
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.483
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.483
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.483
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.483
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.483

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
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)	0.482
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.482
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.482
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.482
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.482
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.482
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.481
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.480
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.480
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.480
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.480
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.480
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.479
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.479
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.479
20012	Bulgur, dry	140.0	1.0 cup	0.479
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.479
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	0.479
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.479
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.479
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.478
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	0.478
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	0.478
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.478
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.478
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.477
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.477
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.477
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.477
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.475
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.475
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)	0.475
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.475
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.475
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.475

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.475
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.474
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.474
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	0.474
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.474
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.474
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.473
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.473
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.473
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.473
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.473
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.473
15022	Fish, cusk, raw	122.0	1.0 fillet	0.472
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.472
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.472
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.472
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.472
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.472
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	0.472
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.472
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.472
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.472
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.472
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.471
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.471
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.471
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.470
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.470
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.470
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.469
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.469
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.469
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	0.468
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	0.468



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.468
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.467
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.467
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.467
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.467
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.467
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.467
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.467
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.466
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.466
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.466
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.466
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.466
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.466
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.466
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.466
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	0.465
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.465
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	0.464
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.464
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.464
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	0.463
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.462
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	0.462
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.462
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.462
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.462
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.462
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	0.462
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.462
15110	Fish, swordfish, raw	85.0	3.0 oz	0.462
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.462
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.461
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.461
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)	0.461

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.461
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.461
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.460
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0.460
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.460
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.460
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.460
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	0.460
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.460
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.459
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.459
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	0.459
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.459
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.459
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.459
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.458
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.458
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.458
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.458
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.457
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.457
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.457
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	0.457
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.457
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.457
20073	Wheat, soft red winter	168.0	1.0 cup	0.457
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.456
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.456
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.456
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.456
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	0.455
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.455
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.455
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.455

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.455
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.454
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.454
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.454
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.454
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	0.454
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.453
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.453
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.453
16157	Chickpea flour (besan)	92.0	1.0 cup	0.453
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.453
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.451
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.451
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	0.451
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.451
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	0.451
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.451
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.450
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.450
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.449
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.449
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.449
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.448
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.448
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.448
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.448
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.448
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.448
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	0.447
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.447
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.447
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.447
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.447
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.447

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.446
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	0.446
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.446
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.446
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	0.446
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.446
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.445
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.445
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)	0.445
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.445
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.445
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	0.445
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0.444
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.444
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.444
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.443
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.443
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.443
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	0.443
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.443
11976	Pepper, banana, raw	124.0	1.0 cup	0.443
20647	Millet flour	119.0	1.0 cup	0.443
09277	Plantains, raw	148.0	1.0 cup, sliced	0.443
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.442
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.441
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.441
11023	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.441
11710	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.441
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)	0.441
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.440
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.440
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.440
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.440
11601	Yam, raw	150.0	1.0 cup, cubes	0.439

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.439
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	0.439
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.439
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.439
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.439
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.438
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.438
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.438
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.438
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.438
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.437
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.437
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.437
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.437
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.437
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.437
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.437
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.437
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.437
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.436
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.436
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	0.436
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.436
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.436
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.435
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.435
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.435
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.435
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.435
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.434
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.434
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.434
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.434
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.434
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.434

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.434
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.434
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.434
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.434
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.433
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.433
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.433
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.433
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.433
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.433
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.432
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.432
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.431
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	0.431
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.431
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.431
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.430
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.430
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.429
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.429
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.429
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.428
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.428
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.428
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.427
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.427
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.427
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.427
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.426
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.426
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.426
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.426
09085	Currants, zante, dried	144.0	1.0 cup	0.426
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	0.426
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.426
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.426

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.425
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	0.425
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	0.425
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	0.425
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.425
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.424
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.424
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.422
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.422
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.421
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)	0.421
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.421
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.421
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.420
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.420
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.420
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.420
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.420
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0.420
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	0.420
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.420
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.419
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.419
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.418
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.418
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.417
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.417
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.417
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.417
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.417
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.416
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.416
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.416
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.416
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	0.416
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.415

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
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	0.415
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.415
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.415
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.415
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.414
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.414
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.414
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.413
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.413
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.413
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.412
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.412
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.412
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.412
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.411
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.411
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.411
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)	0.411
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.411
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.411
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.410
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.410
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.410
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0.409
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.409
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.409
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.408
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.408
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	0.408
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.408
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.408
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0.408
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.407
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.407



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.407
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.407
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.407
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.406
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.406
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.406
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.406
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.406
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.406
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)	0.406
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.406
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.405
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	0.405
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	0.405
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.405
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.405
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.405
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	0.404
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.404
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.404
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.404
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.403
28008	KELLOGG'S, EGGO, Waffles, Strawberry Strudel	76.0	2.0 waffles	0.403
28007	KELLOGG'S, EGGO, Waffles, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.403
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.402
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.402
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)	0.402
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)	0.402
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.401
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.401
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.401
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.401
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	0.401
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.401

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.401
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.401
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.401
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.400
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.400
20140	Spelt, uncooked	174.0	1.0 cup	0.400
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.400
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.400
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.400
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.400
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.400
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.399
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.399
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.399
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.399
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.399
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	0.399
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.399
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.399
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.399
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.399
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.399
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.399
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.399
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	0.399
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.399
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.399
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.399
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.399
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.399
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.399
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.399
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.399
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	0.399
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.399
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.399

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.399
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.399
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.399
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.398
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.398
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.398
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.398
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.398
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.397
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	0.397
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.397
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	0.397
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.397
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.397
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.397
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.396
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.396
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.396
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.396
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.396
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.396
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.396
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.395
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.395
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	0.395
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	0.395
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	0.395
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.394
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.394
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.394
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	0.394
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.394
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.393
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)	0.393

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.393
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.393
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.393
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.393
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.393
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.393
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.393
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.393
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.393
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.392
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.392
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	0.392
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	0.392
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.392
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.392
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.392
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.392
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.392
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.391
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.391
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.391
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.391
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.391
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.391
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.391
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.391
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.391
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.391
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.390
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.390
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.390

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.390
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.390
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.390
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.389
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0.389
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.389
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.389
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.388
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	0.388
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.388
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.387
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.387
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.387
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.387
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.386
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.386
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.386
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.386
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.386
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.385
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	0.385
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0.385
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	0.384
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.384
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.384
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.384
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	0.384
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.383
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.382
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.382
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	0.382
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.382
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.382

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.382
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.382
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.382
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.381
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.381
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.381
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.381
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.380
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.379
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.379
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.379
17142	Veal, ground, raw	85.0	3.0 oz	0.379
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.379
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.379
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.378
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.378
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.378
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.378
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.378
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.377
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.377
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.377
16055	Carob flour	103.0	1.0 cup	0.377
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.377
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.377
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	0.377
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.376
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.376
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.376
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.376
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.376
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.375
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.375
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.375

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.375
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.375
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.375
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.374
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.374
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.374
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.374
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.374
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.374
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.374
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.374
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.374
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.374
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.374
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.374
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	0.373
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.373
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.372
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.372
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.372
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.372
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.372
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.372
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.371
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.371
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	0.371
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.371
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.371
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.371
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.371
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.371
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.371
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.370
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.370

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.370
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.370
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.370
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.370
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.370
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.370
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.370
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.370
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.370
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.370
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.370
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.370
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.370
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.369
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.368
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.368
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.368
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.368
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.368
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.368
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.367
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.367
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.366
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.366
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.366
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.366
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.366
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.366
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.366
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.366
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.366
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.366
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.366
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.366



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.365
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.365
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.365
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.365
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.365
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.365
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.364
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.364
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.363
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.363
36610	DENNY'S, french fries	165.0	1.0 serving	0.363
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.363
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.363
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.362
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	0.362
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.362
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.361
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.361
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.361
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.361
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)	0.361
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.360
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.360
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.360
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	0.360
15053	Fish, milkfish, raw	85.0	3.0 oz	0.360

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.359
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.359
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.359
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.359
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.359
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	0.358
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.358
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	0.358
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.358
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.358
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.357
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.357
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.357
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.357
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.357
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.357
20008	Buckwheat	170.0	1.0 cup	0.357
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.357
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.357
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.357
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.357
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.357
16114	Tempeh	166.0	1.0 cup	0.357
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.357
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.356
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.356
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.356
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.356
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.356
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	0.355
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.355
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.355
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.355
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.355

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.355
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.354
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.354
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.354
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.354
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.354
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.354
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.353
01113	Whey, acid, dried	57.0	1.0 cup	0.353
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.353
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.353
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.353
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.353
11414	Potato salad, home-prepared	250.0	1.0 cup	0.352
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.352
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.352
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)	0.352
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	0.352
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.352
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.352
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	0.351
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.351
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.351
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	0.351
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.351
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	0.351
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.351
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.351
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	0.351
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.351
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.351

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.351
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.351
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.351
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.350
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.350
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.350
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.350
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.350
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	0.349
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.349
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.349
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.349
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.349
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.349
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.349
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.349
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)	0.349
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.349
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.349
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.349
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.349
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.349
15006	Fish, burbot, raw	116.0	1.0 fillet	0.348
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	0.348
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.348
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.347
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.347
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.347
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.346
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.346
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.346
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.346
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.346

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.346
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.346
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.345
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.345
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.345
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.345
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.345
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.345
09095	Figs, dried, stewed	259.0	1.0 cup	0.344
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	0.344
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.344
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.344
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.343
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	0.343
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.343
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.343
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	0.343
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.343
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.343
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.343
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	0.343
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.343
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)	0.342
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.342
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.342
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.342
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.342
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.342
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.342
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	0.342
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.341
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.340

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.340
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.340
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.340
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.340
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.340
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.340
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.340
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.340
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.340
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.340
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.340
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.340
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.340
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.340
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.340
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	0.340
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.340
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.340
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.340
15094	Fish, shad, american, raw	85.0	3.0 oz	0.340
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.340
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.340
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.340
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.340
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.340
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.339
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.339
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	0.339
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	0.339
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	0.339
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	0.339
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.339

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.339
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.339
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)	0.339
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.338
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	0.338
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.338
16059	Chili with beans, canned	256.0	1.0 cup	0.338
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.337
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	0.337
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.337
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.337
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	0.337
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	0.337
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.337
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.336
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.336
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.336
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.336
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.336
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	0.336
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.335
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.335
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.335
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.335
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.335
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.334
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.334
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.334
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.334
09088	Elderberries, raw	145.0	1.0 cup	0.334

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.333
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.333
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.333
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.333
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.333
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.333
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.332
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.332
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.332
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.332
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.332
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.332
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.332
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.332
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.331
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.331
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.331
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	0.331
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.331
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.331
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.331
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.331
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.331
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.331
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.331
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.331
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.331
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	0.330
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.330
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.330
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.330
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	0.330
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.330
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.330
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.329



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
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)	0.329
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.329
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.329
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.329
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.328
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.328
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.328
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.328
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.328
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.328
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.327
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.327
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.327
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.327
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.327
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.327
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.327
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.326
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	0.326
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.326
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.326
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.326
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.326
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.326
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	0.326
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.325
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	0.325
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.325
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	0.325
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.324
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.324
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.324
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.324

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.324
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.324
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.323
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.323
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.323
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.323
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.323
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.323
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.323
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.323
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.323
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.323
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.323
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.323
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.323
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.323
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.323
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.323
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.323
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.323
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	0.323
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	0.323
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.323
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.322
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.320
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.320
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.320
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.320
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.320
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)	0.320
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.320
11118	Cabbage, kimchi	150.0	1.0 cup	0.320
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.319
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.319

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.319
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.319
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.319
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.319
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.319
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0.318
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.318
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.318
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.318
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	0.318
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.318
11656	Corn pudding, home prepared	250.0	1.0 cup	0.318
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.317
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.317
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.317
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.317
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.317
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	0.316
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.316
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.316
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.315
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.315
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.315
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.315
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.315
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	0.315
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.315
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.315
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.315
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.315
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.314
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.314
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.314
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.314
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.314

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.314
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.314
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.314
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.314
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.314
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.314
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.314
11794	Lambquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.313
11245	Lambquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.313
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)	0.313
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.313
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.312
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.312
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.312
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.312
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.312
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.312
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.312
09446	Plantains, green, fried	118.0	1.0 cup	0.312
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.312
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.311
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.311
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.311
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.311
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.311
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.310
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.310
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	0.310
09299	Raisins, seeded	165.0	1.0 cup, packed	0.310
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.310
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.310
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.310
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.310

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.309
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.309
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.309
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.308
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.308
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.308
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.308
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.308
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.308
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.308
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.307
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.307
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.307
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.307
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	0.307
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.307
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.306
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.306
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.306
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.306
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.306
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.306
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.306
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.306
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.305
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.305
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.305
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.304
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.304
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.304
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.304
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.303
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.303
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.303
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.303
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.303

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.303
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.303
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.303
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.303
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.303
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.303
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.303
16099	Peanut flour, defatted	60.0	1.0 cup	0.302
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.302
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.302
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.302
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.302
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.302
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.302
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.300
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	0.300
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	0.300
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	0.300
17330	Game meat , bison, ground, raw	85.0	1.0 serving ( 3 oz )	0.300
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.300
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	0.300
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.300
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.300
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.299
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.299
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.299
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.299
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.299
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.299
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.299
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.298
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.298
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.298
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.298
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.298

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.298
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.298
15098	Fish, sheephead, cooked, dry heat	85.0	3.0 oz	0.298
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.298
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.298
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.298
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.298
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.298
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.298
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.298
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.298
07008	Bologna, beef and pork	100.0	3.527 oz	0.297
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.297
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.297
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.297
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.296
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.296
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.296
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.296
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.296
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.296
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.295
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.295
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.295
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.295
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.295
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.294
11518	Taro, raw	104.0	1.0 cup, sliced	0.294
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.294
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.294
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.294
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.294
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.294
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.294
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.294
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.294

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.294
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.294
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.294
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.294
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.294
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.293
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.293
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.293
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.292
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.292
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.291
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.291
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.291
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.291
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.290
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.290
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.290
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.290
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.289
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.289
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.289
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.289
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.289
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.289
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	0.289
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.289
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.288
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.288
43132	Meatballs, meatless	144.0	1.0 cup	0.288
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.288
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.288
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.287
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.287
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.287
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.287



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09298	Raisins, seedless	165.0	1.0 cup, packed	0.287
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.287
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.287
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.286
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.286
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.286
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.286
20087	Wheat, sprouted	108.0	1.0 cup	0.286
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.286
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.286
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.286
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.286
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.286
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.286
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.286
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.286
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.286
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.285
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.285
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.285
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.285
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	0.284
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.283
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.283
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.283
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.282
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.282
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.282
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.282
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.281
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.281
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.281
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.281
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.280
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.280
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.280

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.280
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.280
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0.280
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.280
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.280
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.280
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.280
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.280
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.280
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.279
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.279
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.278
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.278
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.278
20002	Amaranth grain, cooked	246.0	1.0 cup	0.278
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.278
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.278
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.278
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.278
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.278
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.278
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.278
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.278
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.278
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.277
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.277
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.277
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.277
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.277
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.276
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.276
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.276
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.275
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.275
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.275
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.275

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	0.275
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.275
07024	Frankfurter, chicken	85.0	3.0 oz	0.275
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.275
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.275
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.275
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.274
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.274
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.274
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.274
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.274
20064	Rye flour, medium	102.0	1.0 cup	0.273
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.273
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.273
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.273
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.273
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.272
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.272
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.272
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.272
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.272
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.272
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.272
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.272
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.272
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.272
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.272
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.272
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.272
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.272
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.272
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.272
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.271
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.271
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.271

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.271
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.271
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.271
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.270
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.270
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.270
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.270
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.270
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.270
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.270
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.270
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.270
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.269
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.269
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.269
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.268
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.268
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.268
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.267
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.267
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.267
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.266
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.266
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.266
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.266
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.266
35147	Tamales (Navajo)	186.0	1.0 piece	0.266
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.266
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.265
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.265
20069	Triticale	192.0	1.0 cup	0.265
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.265
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.265
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.264

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.264
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.264
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.264
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.264
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.264
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.264
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.264
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.264
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.264
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.264
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.264
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.264
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.263
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.263
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.262
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.262
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.262
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.262
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.262
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.262
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.262
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.262
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.261
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.261
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.261
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.261
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.260
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.260
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.259
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.259
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.259
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.259
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.259
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.259
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.259
15044	Fish, ling, raw	85.0	3.0 oz	0.258

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.258
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.258
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.258
11141	Celeriac, raw	156.0	1.0 cup	0.257
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.257
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.257
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)	0.256
15103	Fish, spot, raw	64.0	1.0 fillet	0.256
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.256
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.255
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.255
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.255
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.255
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.255
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	0.255
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.255
15045	Fish, lingcod, raw	85.0	3.0 oz	0.255
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.255
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.255
15074	Fish, sablefish, raw	85.0	3.0 oz	0.255
15090	Fish, scup, raw	85.0	3.0 oz	0.255
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.255
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.255
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.255
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.255
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.255
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.255
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.255
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.255
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.255
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.255
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.255
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.255
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.255
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.254
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.254

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.254
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.254
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.254
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.254
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.254
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.254
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.254
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.254
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.253
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.253
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.253
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.253
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.252
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.252
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.252
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.252
36030	DENNY'S, hash browns	124.0	1.0 serving	0.252
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.252
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.252
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.252
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.252
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0.251
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.251
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.251
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.251
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.251
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.251
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	0.251
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.251
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.250
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.250
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.250
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.250

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.250
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.250
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.250
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.250
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.249
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.249
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.249
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.249
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.249
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.249
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.249
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.248
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.248
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.248
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.248
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.248
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.248
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.248
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.247
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.247
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.247
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.247
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.246
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.246
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.246
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.246
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.246
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.246
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.246
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.246
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.246
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.246
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.246
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.246
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.246



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.246
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.246
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.245
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.245
11304	Peas, green, raw	145.0	1.0 cup	0.245
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.245
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.245
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.245
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.245
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.245
07939	Frankfurter, pork	76.0	1.0 link	0.245
20143	Teff, cooked	252.0	1.0 cup	0.244
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.244
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.244
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.244
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.243
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.243
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.243
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.243
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.243
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)	0.243
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.243
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.242
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.242
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.242
21249	BURGER KING, french fries	74.0	1.0 small serving	0.242
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.242
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.241
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.241
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.241
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.241
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.240
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.240
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.240

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.240
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.240
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.240
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.239
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.239
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.239
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.239
15033	Fish, haddock, raw	85.0	3.0 oz	0.239
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.239
20065	Rye flour, light	102.0	1.0 cup	0.239
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.239
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.239
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.238
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.238
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.238
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.238
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.238
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.238
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.238
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.238
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.238
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.238
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.238
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.238
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.238
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.238
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.237
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.237
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.237
15013	Fish, cisco, raw	79.0	1.0 fillet	0.237
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.237
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.236
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.236
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.236
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.236

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.236
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.235
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.235
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.235
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.235
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.235
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.235
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.234
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.234
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.234
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.234
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.234
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.234
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.234
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.233
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.233
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.233
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.233
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.233
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.232
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.232
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.232
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.232
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.232
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.232
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.232
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	0.231
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.231
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.231
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.231
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.231
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.231
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.231
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.230

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.230
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.230
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.230
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.230
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.230
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.230
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.230
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	0.230
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.230
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.230
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.230
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.230
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.230
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	0.230
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.230
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.230
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.230
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.230
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.230
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.229
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.229
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.229
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.229
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.228
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.228
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.228
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.228
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.228
11230	Pepeao, dried	24.0	1.0 cup	0.228
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.228
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.228
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.228
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)	0.228

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.228
16005	Beans, baked, home prepared	253.0	1.0 cup	0.228
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.228
20137	Quinoa, cooked	185.0	1.0 cup	0.228
16113	Natto	175.0	1.0 cup	0.228
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.227
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.227
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.227
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	0.227
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.227
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.227
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.226
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.226
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.226
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	0.226
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.226
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.226
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.226
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.225
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.225
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.225
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.224
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.224
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.224
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.223
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.223
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.223
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.223
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.223
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.223
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.223
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.222
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.222
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.222
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.222
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.222

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.221
20089	Wild rice, cooked	164.0	1.0 cup	0.221
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.221
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.221
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.221
15112	Fish, tilefish, raw	85.0	3.0 oz	0.221
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.221
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.221
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.221
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.221
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.221
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.221
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.221
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.221
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.221
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.221
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.221
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.221
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.221
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.221
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.221
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)	0.220
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.220
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.220
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.220
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.220
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.220
09059	Breadfruit, raw	220.0	1.0 cup	0.220
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.220
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.219
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.219
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.219
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.219
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.219
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.218

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.218
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.218
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.218
21083	Fast foods, taco salad	198.0	1.5 cup	0.218
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.218
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.217
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.217
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.216
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	0.216
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.216
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.216
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.216
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.216
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.216
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.215
11278	Okra, raw	100.0	1.0 cup	0.215
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.215
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.215
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.214
09143	Guava sauce, cooked	238.0	1.0 cup	0.214
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.214
21127	Fast foods, coleslaw	191.0	1.0 cup	0.214
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.213
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.213
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.213
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.213
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.213
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.213
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.213
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.212
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.212
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.212
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.212
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.212
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.212

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.212
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.212
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.212
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.212
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.212
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.212
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.212
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	0.212
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.212
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.212
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.212
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.212
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.211
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.211
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.211
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.210
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.210
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.210
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.210
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.209
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.209
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.209
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.209
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.209
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.209
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.209
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.208
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.208
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.208
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.208
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	0.208
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.208
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.208
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.208



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.208
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.208
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.207
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.207
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.207
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.207
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.207
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.207
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.207
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.207
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.207
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.207
16107	Sausage, meatless	25.0	1.0 link	0.207
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	0.207
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.206
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.206
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.206
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.206
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.206
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.206
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.206
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.206
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.206
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.205
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.205
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.205
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.205
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.205
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.205
08510	Milk and cereal bar	25.0	1.0 bar	0.205
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.204
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.204
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	0.204
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	0.204

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15054	Fish, monkfish, raw	85.0	3.0 oz	0.204
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	0.204
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.204
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.204
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0.204
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.204
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.204
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.204
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.204
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.203
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0.203
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.203
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.203
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.203
11241	Kohlrabi, raw	135.0	1.0 cup	0.202
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.202
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.202
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.202
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.202
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.202
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	0.201
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.201
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.201
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	0.201
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	0.201
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.200
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.200
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.200
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.200
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.200
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.200
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.200
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.200
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.200
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.200

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.200
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.200
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.200
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.200
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.200
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	0.200
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.200
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.200
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.200
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.200
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.200
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	0.200
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.200
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.200
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	0.200
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.199
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.199
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.199
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.199
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.199
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.199
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.199
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.199
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.199
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.199
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.198
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.198
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.198
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.198
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.198
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.198
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.198
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.198
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.198
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.198
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.198

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.198
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.198
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	0.198
18459	Breakfast tart, low fat	52.0	1.0 tart	0.198
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.198
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.197
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.197
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.197
12059	Nuts, acorns, dried	28.35	1.0 oz	0.197
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.197
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.196
09176	Mangos, raw	165.0	1.0 cup pieces	0.196
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	0.196
12061	Nuts, almonds	143.0	1.0 cup, whole	0.196
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.196
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.196
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.196
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.196
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	0.196
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.196
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	0.196
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.196
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	0.196
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.196
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.196
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.196
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	0.196
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	0.196
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.196
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	0.196
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.196
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	0.196
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.196
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.196
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.196
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.195

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.195
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.195
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.195
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.195
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.195
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.194
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.194
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.194
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.194
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.194
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.194
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.193
11098	Brussels sprouts, raw	88.0	1.0 cup	0.193
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.192
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.192
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.192
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.192
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.192
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.192
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.192
11282	Onions, raw	160.0	1.0 cup, chopped	0.192
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.192
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.192
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.192
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.192
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.192
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.191
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.191
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	0.191
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.191
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.190
43146	Eggplant, pickled	136.0	1.0 cup	0.190
20028	Couscous, dry	173.0	1.0 cup	0.190
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.190
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.190

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.190
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.190
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.190
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.190
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.190
09164	Litchis, raw	190.0	1.0 cup	0.190
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.190
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.190
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.190
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.190
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.190
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.189
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.189
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.189
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.189
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.189
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.189
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.189
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.189
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.189
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.189
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.189
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.189
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.189
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.189
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.188
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.188
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.188
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.188
20032	Millet, cooked	174.0	1.0 cup	0.188
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.188
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.188
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.187
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.187
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.187
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.187

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.187
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.187
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.187
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.187
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.187
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)	0.187
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.187
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.187
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	0.187
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.187
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.187
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.187
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.187
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.186
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.186
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.186
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.186
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.186
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.186
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.186
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.186
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.186
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.186
20038	Oats	156.0	1.0 cup	0.186
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.185
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.185
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.185
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.185
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.185
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.185
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.185
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.185
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.185
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.185
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.185
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.185

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.185
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.185
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.185
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.185
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.185
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.184
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.184
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.184
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.184
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.184
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.184
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.184
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.184
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.184
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.184
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.184
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.184
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.184
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.184
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.184
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.184
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.184
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.184
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.184
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.184
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.184
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.184
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.184
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.184
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.184
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.184
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.184
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.184
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.184
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.183
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.183



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11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.183
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.183
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.183
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.183
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.183
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.182
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.182
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.182
16100	Peanut flour, low fat	60.0	1.0 cup	0.182
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.182
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.182
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.182
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.182
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.182
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.182
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.182
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.182
09139	Guavas, common, raw	165.0	1.0 cup	0.182
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.182
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.181
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.181
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.181
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.181
11134	Cassava, raw	206.0	1.0 cup	0.181
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.181
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.181
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.181
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.181
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.181
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.181
20006	Barley, pearled, cooked	157.0	1.0 cup	0.181
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.180
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.180
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	0.180
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.180
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.180

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12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.180
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.180
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.180
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.180
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.180
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.179
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.179
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.179
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.179
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.179
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.179
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.179
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.179
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.179
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.179
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.179
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.179
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.179
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.179
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.179
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.179
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.179
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.178
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.178
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.178
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.178
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.178
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.178
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.178
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.178
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.178
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.178
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.178
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.177

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23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.177
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.177
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.177
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.177
11124	Carrots, raw	128.0	1.0 cup chopped	0.177
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.177
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.176
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.176
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.176
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.176
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.176
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.176
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.176
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.176
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.176
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.176
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.176
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.176
11618	Eppaw, raw	100.0	1.0 cup	0.176
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.176
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.176
43282	Quail, cooked, total edible	28.35	1.0 oz	0.176
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.176
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.176
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.176
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.175
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.175
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.175
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.175
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.175
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.175
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.175
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.175
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.175
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.175

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.174
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.174
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.174
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.174
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.174
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.174
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.174
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.173
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.173
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.173
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.173
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.173
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.173
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.173
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.173
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.172
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.172
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.172
20066	Semolina, enriched	167.0	1.0 cup	0.172
20466	Semolina, unenriched	167.0	1.0 cup	0.172
21268	TACO BELL, Nachos	80.0	1.0 serving	0.172
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.172
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.172
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.172
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.172
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.172
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.171
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.171
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.171
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.171
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.171
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.171
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.171

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.170
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.170
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.170
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.170
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.170
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.170
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.170
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.170
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.170
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.170
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.170
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.170
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.170
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.169
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.169
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.169
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.169
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.169
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.169
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.169
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.168
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.168
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.168
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.168
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.168
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.168
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.168
11231	Jute, potherb, raw	28.0	1.0 cup	0.168
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.168
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.168
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.167
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.167
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.167
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.167
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.167
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.167

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.167
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.166
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.166
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.166
11450	Soybeans, green, raw	256.0	1.0 cup	0.166
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.166
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.166
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.166
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.166
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.166
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)	0.166
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.166
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.166
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.166
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.165
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.165
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.165
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.165
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.165
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.165
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.165
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.165
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.165
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.165
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.164
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.164
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.164
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.164
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.164
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.164
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.164
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.163
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.163
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0.163
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.163
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.163

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.163
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.163
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.163
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.162
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.162
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.162
11616	Dock, raw	133.0	1.0 cup, chopped	0.162
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.162
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.162
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.162
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.162
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.162
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.162
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.162
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.162
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.162
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.161
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.161
07059	Polish sausage, pork	85.0	3.0 oz	0.161
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.161
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.161
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.161
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.161
15008	Fish, carp, raw	85.0	3.0 oz	0.161
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	0.161
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.161
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.161
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.161
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.161
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.161
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.161
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.161
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.161
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.161
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.161
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.161

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.161
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.161
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.161
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.160
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.160
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.160
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.160
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.159
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.159
11090	Broccoli, raw	91.0	1.0 cup chopped	0.159
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.159
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.159
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.158
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.158
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.158
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.158
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.158
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.158
09205	Oranges, raw, with peel	170.0	1.0 cup	0.158
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.158
09094	Figs, dried, uncooked	149.0	1.0 cup	0.158
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.158
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.158
43299	Soybean, curd cheese	225.0	1.0 cup	0.158
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.158
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.157
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.157
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.157
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.157
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.157
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0.157
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.157
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.157
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.157
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.157



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.157
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.157
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.157
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.157
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.157
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.157
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.156
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.156
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.156
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.156
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.156
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.156
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.156
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.156
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.155
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.155
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.155
20141	Spelt, cooked	194.0	1.0 cup	0.155
20033	Oat bran, raw	94.0	1.0 cup	0.155
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.155
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.155
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.155
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.155
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.155
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.155
07926	Salami, Italian, pork	28.0	1.0 oz	0.154
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.154
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.154
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.154
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.154
07052	Pastrami, turkey	57.0	2.0 slices	0.154
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.154
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.154
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadilla	0.154
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.154

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.154
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.153
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	0.153
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.153
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.153
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.153
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.153
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.153
11190	Cornsalad, raw	56.0	1.0 cup	0.153
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.152
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.152
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.152
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.152
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	0.152
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.152
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.152
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.152
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.152
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.152
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.151
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.151
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.151
20013	Bulgur, cooked	182.0	1.0 cup	0.151
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.151
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.151
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.151
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.151
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.150
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.150
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.150
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.150
07019	Chorizo, pork and beef	28.35	1.0 oz	0.150
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.150
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.150
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.150
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.150

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.150
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.150
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.150
12058	Nuts, acorns, raw	28.35	1.0 oz	0.150
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.150
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.150
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.150
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.150
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	0.149
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.149
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.149
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.149
09174	Loquats, raw	149.0	1.0 cup, cubed	0.149
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.149
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.149
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.149
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.149
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.149
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.148
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.148
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.148
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.148
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.148
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.148
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)	0.148
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)	0.148
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.148
36031	DENNY'S, onion rings	166.0	1.0 serving	0.148
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.148
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.148
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.148
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.147
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.147
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.147

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.147
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.147
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.147
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.147
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.147
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.147
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.147
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.147
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.147
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.147
01109	Milk, sheep, fluid	245.0	1.0 cup	0.147
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.147
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.147
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.147
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.147
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.147
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.147
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.147
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.146
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.146
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.146
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.146
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.146
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.146
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.146
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.146
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.146
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.146
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.146
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.146
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.146
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.146
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.146
11527	Tomatoes, green, raw	180.0	1.0 cup	0.146
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.146
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.146

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07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.146
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.146
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.146
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.145
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.145
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.145
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.145
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.145
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.145
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.145
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.145
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.145
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.145
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	0.145
11154	Chicory roots, raw	60.0	1.0 root	0.145
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.145
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.145
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.145
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.145
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.145
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.145
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.145
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.145
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.145
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.144
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.144
18968	Bagels, wheat	98.0	1.0 bagel	0.144
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.144
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.144
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.144
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.144
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.144
22971	Potato salad with egg	125.0	0.5 cup	0.144
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.144
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.144

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10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.143
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.143
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.143
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.143
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.143
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	0.143
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.143
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.143
21140	Side dishes, potato salad	95.0	0.333 cup	0.142
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.142
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.142
11965	Cauliflower, green, raw	64.0	1.0 cup	0.142
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.142
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.142
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.142
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.142
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.142
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.142
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.142
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.142
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.142
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.141
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.141
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.141
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.141
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.141
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.141
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)	0.141
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.141
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.141
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.141
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.140
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.140
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.140

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11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.140
16130	Okara	122.0	1.0 cup	0.140
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.140
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.140
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.140
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.140
07921	Bacon and beef sticks	28.0	1.0 oz	0.140
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.140
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.140
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.140
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.139
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.139
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.139
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.139
19154	Candies, sesame crunch	28.35	1.0 oz	0.139
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.139
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.139
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.139
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.139
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.139
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.139
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.139
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.139
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.138
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.138
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.138
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.138
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.138
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.138
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.138
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.138
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.138
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.138
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.137
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.137
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.137

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11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.137
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.137
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.137
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.137
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.137
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.136
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.136
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.136
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.136
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.136
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.136
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.136
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.136
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.136
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.136
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.136
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.136
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.136
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.136
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.136
21420	KFC, Coleslaw	112.0	1.0 package	0.136
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.136
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.135
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.135
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.135
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.135
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.135
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.135
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.135
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)	0.135
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.135
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.135
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.135
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.135
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.135
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.135



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.134
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	0.134
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.134
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.134
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.134
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.134
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.134
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.134
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.134
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.133
11658	Spinach souffle	136.0	1.0 cup	0.133
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.133
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.133
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.133
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.133
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.133
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.133
07040	Liver cheese, pork	28.35	1.0 oz	0.133
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.133
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.133
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.133
09315	Soursop, raw	225.0	1.0 cup, pulp	0.133
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.133
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.133
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.132
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.132
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.132
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.132
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.132
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.132
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.132
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.132
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.132
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.132
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.132
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.132

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.132
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)	0.132
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.132
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.132
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.132
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.132
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.132
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.132
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.131
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.131
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.131
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.131
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.131
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.131
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.131
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.131
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.131
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.131
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.131
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.130
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.130
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.130
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.130
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.130
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.130
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.130
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.130
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.130
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.130
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.130
20132	Oat flour, partially debranned	104.0	1.0 cup	0.130
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.130
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.130
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.130
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.130
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.130

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.129
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.129
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.129
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.129
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.129
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.129
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.129
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.129
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.129
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.129
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.129
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.129
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.129
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")	0.129
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.129
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.129
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.129
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.129
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.128
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.128
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.128
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.128
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.128
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.128
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.128
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.128
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.128
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.128
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.128
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.128
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.128
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.128
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.128

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.128
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.128
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.128
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.128
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.128
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.128
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
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	0.128
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	0.128
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.128
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.128
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.128
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.127
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.127
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.127
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.127
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.127
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.127
01057	Eggnog	254.0	1.0 cup	0.127
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.127
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.127
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.127
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.126
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.126
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.126
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.126
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.126
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.126
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.126
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.125
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)	0.125
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.125
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.125
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.125

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.125
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.125
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.125
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.125
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.125
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.125
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.125
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.125
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.125
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.125
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.124
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.124
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.124
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.124
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.124
19524	Snacks, taro chips	28.35	1.0 oz	0.124
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.124
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.124
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.124
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.124
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.124
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.124
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.124
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.124
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.124
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.124
11203	Cress, garden, raw	50.0	1.0 cup	0.124
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.123
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.123
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.123
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.123
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.123
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.123
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.123
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.123

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.122
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.122
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.122
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.122
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.122
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.122
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.122
21416	POPEYES, Coleslaw	120.0	1.0 package	0.122
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.122
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.122
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.122
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.122
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.122
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.122
11011	Asparagus, raw	134.0	1.0 cup	0.122
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.122
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.122
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.122
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.122
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.122
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.122
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.122
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.122
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.122
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.122
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.122
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.122
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.122
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.122
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.122
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.122
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.121
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.121
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.121
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.121
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.121

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.121
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.121
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.121
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.121
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.121
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.121
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.121
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.120
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.120
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.120
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.120
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.120
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.120
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.120
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.120
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.120
09107	Gooseberries, raw	150.0	1.0 cup	0.120
11298	Parsnips, raw	133.0	1.0 cup slices	0.120
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.120
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.120
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.120
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.120
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.120
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.120
07070	Salami, cooked, turkey	28.0	1.0 serving	0.120
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.119
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	0.119
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.119
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.119
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.119
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.119
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.119
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.119
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.119
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.119
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.119

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.119
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	0.119
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.119
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.119
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.119
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0.119
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.119
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.119
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.119
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.119
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	0.119
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.119
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.119
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.119
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.119
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.119
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.119
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.119
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.119
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.119
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.118
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.118
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.118
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.118
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.118
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.118
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.118
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.118
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.118
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.118
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.118
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.118



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.118
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.118
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.118
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.118
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.118
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.118
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.118
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.118
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.118
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.118
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.117
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.117
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.117
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.117
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.117
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.117
11564	Turnips, raw	130.0	1.0 cup, cubes	0.117
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.117
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.117
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.117
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.117
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.117
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.116
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.116
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.116
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.116
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.116
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.116
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.116
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.116
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.116
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)	0.116
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.116
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.116
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.116
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.116

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.116
20015	Corn bran, crude	76.0	1.0 cup	0.116
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.116
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.116
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.116
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.116
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.116
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.115
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.115
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.115
01024	Cheese, limburger	134.0	1.0 cup	0.115
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.115
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.115
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.115
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.115
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.115
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.115
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.115
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.115
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.115
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.115
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.115
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.114
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.114
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.114
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.114
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.114
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.114
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.114
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.114

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.114
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.114
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.113
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.113
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.113
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.113
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.113
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.113
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.113
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.113
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.113
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.113
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.113
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.113
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.113
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.113
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.113
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.113
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.113
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.113
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.113
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.113
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.113
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.113
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.112
09152	Lemon juice, raw	244.0	1.0 cup	0.112
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.112
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.112
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.112
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.112
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.112
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.112
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.112
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.112
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.112
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.112

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.112
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.112
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.112
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.112
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.112
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.111
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.111
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.111
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.111
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.111
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.111
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.111
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.111
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.111
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.111
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.111
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.111
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.111
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.111
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.111
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.111
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.111
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.110
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	0.110
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.110
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	0.110
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.110
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.110
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.110
90560	Mollusks, snail, raw	85.0	3.0 oz	0.110
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.110
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.110

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.110
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.110
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	0.110
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.110
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.110
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.110
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.110
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.110
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.110
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.110
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.110
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.110
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.110
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.110
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.110
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.110
01020	Cheese, fontina	132.0	1.0 cup, diced	0.110
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.109
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.109
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.109
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.109
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.109
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.109
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.109
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.109
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.109
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.109
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.109
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.109
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.109
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.109
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.109
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.109

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.109
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.109
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.109
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.108
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.108
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.108
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.108
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.108
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.108
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.108
13350	Beef, cured, dried	28.0	10.0 slices	0.108
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.108
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.108
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.108
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.108
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.108
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.108
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.108
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.108
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.108
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.108
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.108
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.108
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.108
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.108
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.108
17170	Game meat, horse, raw	28.35	1.0 oz	0.108
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.108
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.108
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.108
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.107
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.107
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.107
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.107
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.107

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.107
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.107
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.107
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.107
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.107
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.107
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.107
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.107
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.107
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.107
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.106
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.106
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.106
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.106
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.106
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.106
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.106
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.106
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.106
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.106
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.106
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.106
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.105
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.105
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.105
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.105
17164	Game meat, deer, raw	28.35	1.0 oz	0.105
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.105
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.105
17162	Game meat, caribou, raw	28.35	1.0 oz	0.105
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.105
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.105
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.105
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.105
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.105

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.105
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.105
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.105
07911	Liverwurst spread	55.0	0.25 cup	0.104
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.104
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.104
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.104
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.104
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.104
01025	Cheese, monterey	132.0	1.0 cup, diced	0.104
01011	Cheese, colby	132.0	1.0 cup, diced	0.104
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.104
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.104
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.104
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.104
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.104
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.104
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.104
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.104
09221	Tangerine juice, raw	247.0	1.0 cup	0.104
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.104
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.103
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.103
01112	Whey, acid, fluid	246.0	1.0 cup	0.103
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.103
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.103
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.103
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.103
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.103
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.103
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.103
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.103
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.103
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.103
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.102



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.102
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.102
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.102
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.102
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.102
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.102
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.102
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.102
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.102
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.102
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.102
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.102
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.102
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.102
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.102
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.102
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.102
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.102
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.102
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	0.102
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.102
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.102
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	0.102
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
93600	Turtle, green, raw	85.0	3.0 oz	0.102
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.102
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.102
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.102
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.102
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)	0.101
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.101

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.101
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.101
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.101
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.101
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.101
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.101
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.101
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.101
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.101
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.101
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.101
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.101
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.101
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.101
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.101
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.101
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.101
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.100
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.100
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.100
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.100
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.100
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.100
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.100
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.100
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.100
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.100
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.100
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.100
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.100
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.100
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.100
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.100
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.100
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.100
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.100

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.099
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.099
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.099
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.099
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.099
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.099
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.099
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.099
09206	Orange juice, raw	248.0	1.0 cup	0.099
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.099
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.099
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.099
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.099
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.099
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.099
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.099
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.099
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.099
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.099
19117	Candies, halavah, plain	28.35	1.0 oz	0.099
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.099
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.099
16087	Peanuts, all types, raw	28.35	1.0 oz	0.099
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.099
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.099
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.099
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.098
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.098
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.098
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.098
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.098
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.098
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.098
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.098
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.098
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.098

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.098
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.098
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.098
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.098
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.098
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.098
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.097
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.097
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.097
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.097
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.097
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.097
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.097
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.097
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.097
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	0.097
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	0.097
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.097
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.097
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.097
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.096
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.096
01035	Cheese, provolone	132.0	1.0 cup, diced	0.096
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.096
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.096
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.096
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.096
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.096
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.096
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.096
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.096
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.096
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.096

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.096
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.095
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.095
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.095
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.095
19366	Toppings, pineapple	340.0	1.0 cup	0.095
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.095
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.095
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.095
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.095
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.095
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.095
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.095
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.095
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.095
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.095
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.095
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0.095
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.095
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.095
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.095
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	0.094
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.094
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.094
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.094
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.094
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.094
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.094
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.094
01040	Cheese, swiss	132.0	1.0 cup, diced	0.094
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.094
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.094
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.094
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.094
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.094
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.094

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.094
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.094
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.094
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.094
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.094
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	0.094
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.094
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
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	0.094
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.094
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.094
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.094
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.094
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.093
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.093
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.093
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.093
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.093
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.093
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.093
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.093
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.093
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.093
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.093
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.093
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.093
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.093
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.093
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.093
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.092

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.092
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.092
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.092
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.092
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.092
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.092
09160	Lime juice, raw	242.0	1.0 cup	0.092
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.092
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.092
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.092
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.091
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.091
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.091
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.091
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.091
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.091
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.091
11080	Beets, raw	136.0	1.0 cup	0.091
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.091
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.091
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.091
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.091
11362	Potatoes, raw, skin	38.0	1.0 skin	0.091
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	0.091
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.091
19415	Snacks, potato sticks	28.35	1.0 oz	0.091
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.091
07026	Ham, chopped, canned	28.35	1.0 oz	0.091
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.091
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.091
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.091
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.090
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.090
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.090
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.090

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.090
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.090
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.090
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.090
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.090
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.090
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.090
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.090
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.090
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.090
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)	0.090
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.090
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.090
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.090
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.090
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.090
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.090
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.090
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.090
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.090
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.090
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.090
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.090
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.090
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.089
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.089
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.089
09287	Prickly pears, raw	149.0	1.0 cup	0.089
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	0.089
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.089
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.089
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.089
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.089



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.089
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.089
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.089
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.089
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.089
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.089
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.089
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.089
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.089
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.088
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.088
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	0.088
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.088
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.088
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.088
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.088
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.088
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.088
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.088
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.088
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.088
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.088
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.088
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.088
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.088
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.088
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.088
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.088
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.087
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.087
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.087
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.087
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)	0.087
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.087
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.087
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.087

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.087
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.087
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.087
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.087
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.087
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.086
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.086
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.086
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.086
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.086
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.086
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.086
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.086
18025	Bread, cracked-wheat	28.35	1.0 oz	0.086
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.086
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.086
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.086
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.086
01005	Cheese, brick	132.0	1.0 cup, diced	0.086
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.086
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.086
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.086
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.086
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.086
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.085
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.085
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.085
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.085
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.085
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.085
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.085
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.085
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.085
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	0.085

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.085
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.085
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.085
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.085
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.085
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.085
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.085
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.085
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.085
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.085
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.085
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.085
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.084
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.084
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.084
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.084
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.084
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.084
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.084
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.084
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.084
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.084
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.084
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.084
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.084
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.084
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.084
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.084
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.084
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.084
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.084
09021	Apricots, raw	155.0	1.0 cup, halves	0.084
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.083
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.083
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.083

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.083
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.083
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.083
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.083
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.083
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.083
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.083
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.082
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.082
11429	Radishes, raw	116.0	1.0 cup slices	0.082
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.082
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.082
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.082
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.082
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.082
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	0.082
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.082
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.082
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.082
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.082
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.082
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.082
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.082
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.082
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.082
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.082
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.082
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.082
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.081
19296	Honey	339.0	1.0 cup	0.081
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.081
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.081
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.081
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.081
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.081

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.081
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.081
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.081
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.081
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.081
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.081
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.081
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.081
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.081
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.081
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.081
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.081
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.081
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.081
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.081
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.081
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.081
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.081
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	0.081
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.081
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.081
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.081
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.081
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.081
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.080
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.080
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.080
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.080
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.080
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.080
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.080
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.080
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0.080
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0.080

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.080
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.080
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.080
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.080
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.080
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.080
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.080
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.080
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.080
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.080
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.080
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.080
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.080
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.079
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.079
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.079
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.079
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.079
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.079
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.079
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.079
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.079
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.079
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.079
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.079
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.079
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.079
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.079
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.079
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.079
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.079
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.079
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.079
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.079
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.079
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.079

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.079
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.078
09084	Currants, red and white, raw	112.0	1.0 cup	0.078
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.078
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.078
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.078
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.078
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.078
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.078
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.078
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.078
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)	0.078
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.078
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.078
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.078
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.078
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.078
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.077
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.077
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.077
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.077
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.077
09050	Blueberries, raw	148.0	1.0 cup	0.077
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.077
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.077
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.077
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.077
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.077
01021	Cheese, gjetost	28.35	1.0 oz	0.077
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.077
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.077
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.077
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.077
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.076
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.076
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.076

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.076
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.076
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.076
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.076
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.076
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.076
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.076
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.076
01114	Whey, sweet, fluid	246.0	1.0 cup	0.076
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.076
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.076
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.076
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.076
18059	Bread, rice bran	28.35	1.0 oz	0.076
15014	Fish, cisco, smoked	28.35	1.0 oz	0.076
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.076
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.076
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.076
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.076
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.076
43483	Millet, puffed	21.0	1.0 cup	0.076
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.076
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.076
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.076
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.075
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.075
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.075
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.075
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.075
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.075
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.075
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.075
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.075
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	0.075
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.075
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.075



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.075
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.075
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.075
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.075
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.075
11143	Celery, raw	101.0	1.0 cup chopped	0.075
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.075
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.075
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.074
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.074
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.074
18971	Bread, potato	32.0	1.0 slice	0.074
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.074
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.074
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.074
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.074
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.074
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.074
09083	Currants, european black, raw	112.0	1.0 cup	0.074
01030	Cheese, muenster	132.0	1.0 cup, diced	0.074
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.074
19400	Snacks, banana chips	28.35	1.0 oz	0.074
07030	Ham, minced	28.35	1.0 oz	0.074
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.074
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.074
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.074
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.074
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.074
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.074
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.074
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.074
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.074
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.074
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.074

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.073
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.073
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.073
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.073
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.073
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.073
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.073
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.073
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.073
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.073
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.073
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.073
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.072
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.072
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.072
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.072
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.072
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.072
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0.072
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.072
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.072
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.072
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.072
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.072
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.072
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.072
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.071
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.071
09316	Strawberries, raw	152.0	1.0 cup, halves	0.071
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.071
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.071
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.071
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.071
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.071
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.071
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.071

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.071
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.071
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.071
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.071
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.071
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.071
01159	Cheese, goat, soft type	28.35	1.0 oz	0.071
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.071
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.071
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.071
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.071
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.071
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.071
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.071
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0.071
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.070
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.070
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.070
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.070
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.070
09190	Mulberries, raw	140.0	1.0 cup	0.070
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.070
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.070
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.070
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.070
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.070
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.070
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.070
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.070
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.070
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.070
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.070
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.070
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.070
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.070
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.070

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.069
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.069
09326	Watermelon, raw	154.0	1.0 cup, balls	0.069
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.069
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.069
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.069
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.069
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.069
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.069
15128	Fish, tuna salad	85.0	3.0 oz	0.069
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.069
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.069
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.069
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.069
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.068
09295	Pummelo, raw	190.0	1.0 cup, sections	0.068
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.068
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.068
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.068
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.068
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.068
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.068
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.068
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.068
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.068
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.068
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.068
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.068
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.068
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.068
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.068
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.068
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.068
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.068
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.068
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.068
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.068
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.068
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.068
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.068
09302	Raspberries, raw	123.0	1.0 cup	0.068
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.068
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.068
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.067
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.067
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.067
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.067
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.067
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.067
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.067
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.067
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.067
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.067
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.067
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.067
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.067
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.067
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.067
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.067
01006	Cheese, brie	28.35	1.0 oz	0.067
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.067
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.066
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.066
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.066
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.066
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.066
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.066
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.066
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.066

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.066
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.066
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.066
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.066
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.066
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.065
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.065
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.065
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.065
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.065
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.065
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.065
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.065
11005	Arrowhead, raw	25.0	1.0 large	0.065
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.065
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.065
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.065
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.065
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.065
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.065
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.065
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.065
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.064
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.064
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.064
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.064
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.064
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.064
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.064
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.064
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.064
01007	Cheese, camembert	28.35	1.0 oz	0.064
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.064
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.064
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	0.064
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.064

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17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.064
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.064
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.064
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.064
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.064
07971	Bologna, meat and poultry	33.0	1.0 slice	0.064
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	0.064
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.064
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.063
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.063
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.063
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.063
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.063
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.063
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.063
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.063
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.063
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.063
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.063
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.063
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.063
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.063
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.063
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.063
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.063
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.063
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.063
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.062
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.062
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")	0.062
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.062
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.062
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.062

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28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.062
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.062
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.062
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.062
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.062
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.062
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.062
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.062
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.062
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.062
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.062
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.062
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.062
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.062
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.061
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.061
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.061
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.061
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.061
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.061
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.061
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.061
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.061
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.061
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.061
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.061
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.061
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	0.061
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.061
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.061
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.061
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.061
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.061
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.060
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.060



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11963	Nopales, raw	86.0	1.0 cup, sliced	0.060
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.060
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.060
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.060
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.060
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbspc	0.060
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.060
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.060
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.060
09421	Dates, medjool	24.0	1.0 date, pitted	0.060
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.060
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.060
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.060
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.060
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.060
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	0.060
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.060
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.059
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.059
11161	Collards, raw	36.0	1.0 cup, chopped	0.059
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.059
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.059
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.059
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.059
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.059
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.059
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.059
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.059
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.059
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.059
11457	Spinach, raw	30.0	1.0 cup	0.058
16230	Soy milk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.058
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.058

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.058
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.058
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.058
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.058
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.058
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.058
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.058
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.058
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.058
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.058
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.057
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.057
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.057
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.057
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.057
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.057
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.057
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.057
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.057
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.057
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.057
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.057
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.057
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.057
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.057
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.057
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.057
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.057
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.057
02009	Spices, chili powder	2.7	1.0 tsp	0.057
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.056
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.056
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.056
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	0.056
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.056
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	0.056

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.056
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.056
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.056
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.056
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.056
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.056
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.056
11974	Grape leaves, raw	14.0	1.0 cup	0.056
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.056
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.056
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.056
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.056
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.056
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.056
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.056
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.056
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.056
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.056
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.056
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.056
09433	Clementines, raw	74.0	1.0 fruit	0.056
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.055
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.055
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.055
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.055
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.055
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.055
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.055
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.055
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.055
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.055
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.055
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.055
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	0.055
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.055
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.055

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.055
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.055
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.055
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.055
20034	Oat bran, cooked	219.0	1.0 cup	0.055
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.055
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.055
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.054
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.054
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.054
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.054
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.054
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.054
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.054
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.054
80200	Frog legs, raw	45.0	1.0 leg	0.054
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.054
11297	Parsley, fresh	60.0	1.0 cup chopped	0.054
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.054
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.054
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.054
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.054
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.054
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.054
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.054
11003	Amaranth leaves, raw	28.0	1.0 cup	0.054
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0.054
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.054
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.053
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.053
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.053
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.053
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.053
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.053
05311	Chicken, canned, no broth	28.0	1.0 oz	0.053
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.053

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
07960	Bologna, chicken, pork	28.0	1.0 serving	0.053
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.053
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.053
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.053
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.053
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.053
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.053
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.053
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.053
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.052
09043	Blackberry juice, canned	250.0	1.0 cup	0.052
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.052
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.052
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.052
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.052
43476	Tofu yogurt	262.0	1.0 cup	0.052
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.052
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.052
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.052
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.052
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.052
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.052
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.052
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.052
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.052
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.052
18235	Crackers, whole-wheat	28.0	1.0 serving	0.052
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.052
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.052
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.051
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.051
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.051
02020	Spices, garlic powder	3.1	1.0 tsp	0.051
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.051
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.051
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.051

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.051
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.051
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.051
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.051
07061	Mother's loaf, pork	28.35	1.0 oz	0.051
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.051
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.051
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.051
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.051
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.051
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.051
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.051
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.051
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.051
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.051
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.051
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.051
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.051
11711	Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.051
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.051
11025	Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.051
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.051
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.051
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.051
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.051
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.051
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.051
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.051
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.051
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.050
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.050
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.050
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.050
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.050
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.050
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.050

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.050
18066	Bread, wheat bran	28.35	1.0 oz	0.050
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.050
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.050
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.050
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.050
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.050
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.050
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.050
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.050
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.049
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.049
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.049
02028	Spices, paprika	2.3	1.0 tsp	0.049
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.049
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.049
09413	Pears, raw, red anjou	126.0	1.0 small	0.049
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.049
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.049
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.049
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.049
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.049
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.049
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.049
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.049
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.049
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.049
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.049
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.049
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.049
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.049
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.049
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.049
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.048

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.048
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.048
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	0.048
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.048
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.048
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.048
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.048
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.048
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.048
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.048
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.048
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.048
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.048
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.048
09279	Plums, raw	165.0	1.0 cup, sliced	0.048
11522	Taro shoots, raw	43.0	0.5 cup slices	0.048
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)	0.048
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.048
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.048
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.048
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.048
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.048
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.048
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.048
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.048
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.048
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.047
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.047
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.047
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.047
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.047



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.047
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.047
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.047
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.047
07007	Bologna, beef	30.0	1.0 slice	0.047
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.047
01004	Cheese, blue	28.35	1.0 oz	0.047
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.047
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0.047
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.047
07068	Salami, cooked, beef	26.0	1.0 slice	0.047
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.047
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.047
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsps	0.047
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.047
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.047
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.047
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.046
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	0.046
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.046
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.046
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.046
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.046
18266	English muffins, whole-wheat	28.35	1.0 oz	0.046
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.046
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.046
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.046
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.046
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.046
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.046
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.046
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.046
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.046
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.046
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.046

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18283	Muffins, oat bran	28.35	1.0 oz	0.046
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.046
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.046
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.046
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.046
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.045
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.045
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.045
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.045
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	0.045
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.045
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.045
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.045
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.045
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.045
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.045
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.045
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.045
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.045
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.045
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.045
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.045
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.045
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.045
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.045
18952	Tostada shells, corn	12.3	1.0 piece	0.045
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.045
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.045
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.044
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.044
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.044
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.044

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.044
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.044
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.044
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.044
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.044
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.044
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.044
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.044
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.044
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.044
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.044
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.044
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.044
11591	Watercress, raw	34.0	1.0 cup, chopped	0.044
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.044
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.044
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.044
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.044
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.044
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.044
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.044
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.044
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.044
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.044
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.043
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.043
18065	Bread, wheat, toasted	28.35	1.0 oz	0.043
19147	Candies, peanut bar	28.35	1.0 oz	0.043
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.043
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.043
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.043
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.043
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.043
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.043
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.043
09042	Blackberries, raw	144.0	1.0 cup	0.043

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.043
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.043
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.043
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.043
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.043
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.043
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.043
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0.043
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.043
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.043
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.043
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.043
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.043
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.043
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.042
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.042
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.042
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.042
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.042
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.042
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.042
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.042
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.042
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.042
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.042
42161	Bologna, beef, low fat	28.0	1.0 slice	0.042
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.042
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.042
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.042
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.042
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.042
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.041

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.041
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.041
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.041
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.041
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.041
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.041
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.041
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.041
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.041
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.041
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.041
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.041
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.041
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.041
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.041
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.041
11520	Taro leaves, raw	28.0	1.0 cup	0.041
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.041
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.041
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.041
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.041
09252	Pears, raw	140.0	1.0 cup, slices	0.041
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.041
07025	Frankfurter, turkey	28.35	1.0 oz	0.041
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.041
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.041
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.040
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.040
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.040
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.040
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.040
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.040
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.040
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.040
11086	Beet greens, raw	38.0	1.0 cup	0.040
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.040

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.040
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.040
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.040
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.040
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.040
07005	Blood sausage	100.0	4.0 slices	0.040
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.040
11024	Balsam-pear (bitter melon), pods, raw	93.0	1.0 cup (1/2" pieces)	0.040
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.040
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.040
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.040
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.040
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.040
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.040
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.040
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.040
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.040
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.040
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.039
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.039
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.039
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.039
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	0.039
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	0.039
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	0.039
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.039
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.039
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.039
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.039
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.039

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.039
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.039
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.039
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.039
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.039
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.039
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.039
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.039
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.039
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.039
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.039
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.038
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.038
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.038
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.038
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.038
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.038
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.038
11986	Malabar spinach, cooked	44.0	1.0 cup	0.038
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.038
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.038
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.038
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.038
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.038
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.038
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.038
09436	Mango nectar, canned	251.0	1.0 cup	0.038
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.038
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.038
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.037
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.037
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.037
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.037
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.037
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.037
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.037

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.037
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.037
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.037
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.037
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.037
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.037
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	0.037
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.037
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.037
17224	Lamb, ground, raw	28.35	1.0 oz	0.037
07050	Mortadella, beef, pork	28.35	1.0 oz	0.037
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.037
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.037
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.037
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.037
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.037
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.037
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.037
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.036
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.036
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.036
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.036
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.036
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.036
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.036
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.036
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.036



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.036
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.036
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.036
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.036
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.036
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.036
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.036
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.036
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.036
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.036
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.036
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.036
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.036
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.036
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.036
09191	Nectarines, raw	143.0	1.0 cup slices	0.036
18044	Bread, pumpernickel	28.35	1.0 oz	0.036
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.036
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.036
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.036
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.036
11147	Chard, swiss, raw	36.0	1.0 cup	0.036
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.036
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.035
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.035
01039	Cheese, roquefort	28.35	1.0 oz	0.035
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.035
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.035
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.035
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.035
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.035
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.035
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.035
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.035
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.035
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.035

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.035
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.035
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.035
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.035
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.035
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.035
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.035
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.034
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.034
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.034
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.034
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.034
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.034
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.034
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.034
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.034
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.034
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.034
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.034
19896	Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.034
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.034
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.034
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	0.034
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.034
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.034
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.034
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.034
16112	Miso	17.0	1.0 tbsp	0.034
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.034
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.034
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.034
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.034
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.034

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19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.034
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.034
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)	0.034
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.034
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.034
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.034
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.034
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0.034
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.034
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.033
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.033
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.033
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.033
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.033
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.033
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.033
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.033
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.033
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.033
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.033
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.033
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.033
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.033
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.033
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.033
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.033
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.032
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.032
21142	Fast food, biscuit	55.0	1.0 biscuit	0.032
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.032
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.032
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.032
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.032
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.032
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.032
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.032

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.032
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.032
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.032
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.032
11961	Hearts of palm, canned	146.0	1.0 cup	0.032
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.032
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.032
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.032
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.032
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.032
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.032
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.032
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.032
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.032
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.032
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.032
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.032
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	0.032
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.031
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.031
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.031
18064	Bread, wheat	28.35	1.0 oz	0.031
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.031
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.031
11427	Purslane, raw	43.0	1.0 cup	0.031
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.031
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.031
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.031
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.031
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.031
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.031
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.031
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.031
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.031
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.031
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.031
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.031
21419	KFC, biscuit	49.0	1.0 biscuit	0.031
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.031
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.031
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.031
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.030
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.030
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.030
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.030
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.030
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.030
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.030
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.030
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.030
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.030
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.030
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.030
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.030
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.030
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.030
16158	Hummus, commercial	15.0	1.0 tbsp	0.030
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.030
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.030
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.030
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	0.030
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.030
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.030
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.030
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.030
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.030
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.030
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.030
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.030
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.030

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.030
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.030
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.030
19349	Syrups, corn, dark	328.0	1.0 cup	0.030
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.029
18177	Cookies, molasses	28.35	1.0 oz	0.029
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.029
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.029
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.029
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.029
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.029
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.029
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.029
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.029
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.029
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.029
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.029
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.029
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.029
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.029
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.029
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.029
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.029
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.029
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.029
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.029
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.029
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.029
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLELEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.029
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.029
43109	Pretzels, soft	143.0	1.0 large	0.029
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.029
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.029
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.028
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.028
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.028

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.028
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.028
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.028
16122	Soy protein isolate	28.35	1.0 oz	0.028
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.028
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.028
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.028
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.028
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.028
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.028
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.028
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.028
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.028
16129	Tofu, fried	28.35	1.0 oz	0.028
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.028
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.028
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.028
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.028
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.028
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.028
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.028
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.028
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.028
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.028
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.028
18172	Cookies, gingersnaps	28.35	1.0 oz	0.028
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.028
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.028
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.028
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)	0.028
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.028
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.027
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.027
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.027
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.027
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.027

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.027
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.027
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.027
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.027
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.027
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.027
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.027
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.027
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.027
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.027
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.027
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.027
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.027
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.027
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.027
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.027
11935	Catsup	17.0	1.0 tbsp	0.027
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.027
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.027
11949	Catsup, low sodium	17.0	1.0 tbsp	0.027
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.027
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.027
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0.027
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.027
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.027
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.027
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.027
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.027
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.027
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.027
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.026
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.026



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.026
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.026
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.026
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.026
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.026
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.026
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIIL, powder	9.4	1.0 scoop	0.026
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.026
18360	Taco shells, baked	12.9	1.0 shell	0.026
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	0.026
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.026
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.026
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.026
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.026
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.026
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.026
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.026
11943	Pimento, canned	12.0	1.0 tbsp	0.026
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.026
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.026
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.026
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.026
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.026
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.026
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.026
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.026
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.026
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.026
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.026
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.026
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.026
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.026
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.026
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.026
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.026

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.025
02039	Spices, savory, ground	1.4	1.0 tsp	0.025
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.025
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.025
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.025
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.025
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.025
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.025
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.025
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.025
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.025
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.025
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.025
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.025
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.025
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.025
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.025
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.025
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.025
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.025
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.025
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.025
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.025
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.025
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.025
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.025
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.025
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.025
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.025
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.025
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.025
18003	Bagels, egg	28.35	1.0 oz	0.025
18264	English muffins, wheat	28.35	1.0 oz	0.025
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.025
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.025

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.024
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.024
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.024
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.024
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.024
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.024
06963	Fish broth	244.0	1.0 cup	0.024
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.024
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.024
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.024
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.024
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.024
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.024
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.024
21129	Fast foods, hush puppies	22.0	1.0 piece	0.024
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.024
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.024
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.024
18214	Crackers, cheese, regular	14.2	0.5 oz	0.024
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.024
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.024
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.024
01038	Cheese, romano	28.35	1.0 oz	0.024
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.024
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.024
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.024
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.024

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.024
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.024
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0.024
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.024
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.024
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.024
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.024
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.024
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.024
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.024
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.024
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.024
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.024
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.024
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.024
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.024
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.024
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.024
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.024
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.024
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.024
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.024
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.024
03215	Babyfood, pretzels	28.35	1.0 oz	0.024
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.024
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.023
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.023
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.023
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.023

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.023
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.023
03217	Zwieback	28.35	1.0 oz	0.023
18021	Bread, boston brown, canned	28.35	1.0 oz	0.023
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.023
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.023
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.023
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.023
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.023
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.023
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.023
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.023
18972	Bread, cheese	48.0	1.0 slice	0.023
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.023
01023	Cheese, gruyere	28.35	1.0 oz	0.023
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.023
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.023
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.023
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.023
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.023
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.023
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.023
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	0.023
01022	Cheese, gouda	28.35	1.0 oz	0.023
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.023
01156	Cheese, goat, hard type	28.35	1.0 oz	0.023
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.023
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.023
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.023
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.022
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.022
07031	Ham salad spread	15.0	1.0 tbsp	0.022
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.022
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.022
09229	Papaya nectar, canned	250.0	1.0 cup	0.022

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.022
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.022
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.022
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.022
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.022
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.022
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.022
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.022
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.022
18967	Bread, white wheat	28.0	1.0 slice	0.022
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.022
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.022
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.022
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.022
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.022
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.022
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.022
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.022
11151	Chicory, witloof, raw	53.0	1.0 head	0.022
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.022
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.022
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.022
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.022
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.022
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.022
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.022
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.022
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.022
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.022
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.022
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.022
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.022
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.022
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.022
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.022

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.022
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.022
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.022
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.022
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.022
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.022
01018	Cheese, edam	28.35	1.0 oz	0.022
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.022
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.021
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.021
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.021
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.021
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.021
18170	Cookies, fig bars	28.35	1.0 oz	0.021
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.021
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.021
18060	Bread, rye	28.35	1.0 oz	0.021
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.021
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.021
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.021
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	0.021
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.021
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	0.021
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.021
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.021
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.021
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 biscuit	0.021
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.021
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	0.021
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.021
18061	Bread, rye, toasted	28.35	1.0 oz	0.021
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.021
01010	Cheese, cheshire	28.35	1.0 oz	0.021
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.021
01008	Cheese, caraway	28.35	1.0 oz	0.021
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.021

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.021
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.021
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.021
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.021
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.021
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.021
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.021
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.021
18241	Croissants, cheese	28.35	1.0 oz	0.021
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.021
18037	Bread, oat bran	28.35	1.0 oz	0.021
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.021
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.021
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.020
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.020
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.020
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.020
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.020
07951	Scrapple, pork	17.0	1.0 cubic inch	0.020
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.020
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.020
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.020
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.020
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.020
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.020
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.020
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.020
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.020
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.020
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.020
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.020
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.020
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.020
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.020
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.020
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.020



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.020
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.020
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.020
01238	Ice cream sandwich	70.0	1.0 serving	0.020
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.020
18047	Bread, raisin, enriched	28.35	1.0 oz	0.020
18355	Sweet rolls, cheese	28.35	1.0 oz	0.020
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.020
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.020
07033	Ham and cheese spread	15.0	1.0 tbsp	0.020
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.020
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.020
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.019
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.019
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.019
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.019
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.019
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.019
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.019
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.019
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.019
18039	Bread, oatmeal	28.35	1.0 oz	0.019
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.019
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.019
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.019
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.019
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.019
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.019
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.019
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	0.019
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.019
11954	Tomatillos, raw	34.0	1.0 medium	0.019
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.019
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.019
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.019
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	0.019

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.019
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.019
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.019
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.019
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.019
02038	Spices, sage, ground	0.7	1.0 tsp	0.019
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.019
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.019
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.019
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.019
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.019
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.018
01041	Cheese, tilsit	28.35	1.0 oz	0.018
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.018
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.018
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.018
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.018
18027	Bread, egg	28.35	1.0 oz	0.018
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.018
18028	Bread, egg, toasted	28.35	1.0 oz	0.018
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.018
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.018
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.018
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.018
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.018
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.018
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.018
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.018
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0.018
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.018
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.018
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	0.018
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.018
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.018
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.018
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.018

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.018
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.018
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.018
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.018
02007	Spices, celery seed	2.0	1.0 tsp	0.018
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.018
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.018
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.018
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.018
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.018
09437	Tamarind nectar, canned	251.0	1.0 cup	0.018
09434	Guanabana nectar, canned	251.0	1.0 cup	0.018
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.018
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.017
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.017
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.017
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.017
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.017
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.017
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.017
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.017
02026	Spices, onion powder	2.4	1.0 tsp	0.017
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.017
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.017
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.017
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.017
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.017
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.017
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.017
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.017
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.017
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.017
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	0.017
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.017
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.017
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.017

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.017
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.017
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.017
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.017
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.017
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.017
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.017
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.017
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.017
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.017
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.017
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.017
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.017
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.017
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.017
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.017
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.017
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.017
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.017
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.017
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.016
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.016
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.016
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.016
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.016
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.016
18239	Croissants, butter	28.35	1.0 oz	0.016
18103	Coffeecake, cheese	28.35	1.0 oz	0.016
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.016
28292	Crackers, multigrain	14.0	4.0 crackers	0.016
18217	Crackers, matzo, plain	14.2	0.5 oz	0.016
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.016
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.016
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.016
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.016
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.016

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.016
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.016
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.016
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.016
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.016
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.016
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.016
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.016
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.016
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.016
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.016
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.016
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.016
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.016
11960	Carrots, baby, raw	15.0	1.0 large	0.016
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.016
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.016
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.016
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.016
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.016
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.016
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.016
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.016
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.016
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.016
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.016
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.015
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.015
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.015
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.015
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.015
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.015
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.015
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.015
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.015

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.015
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.015
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.015
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	0.015
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	0.015
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.015
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.015
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.015
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.015
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.015
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.015
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.015
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.015
18344	Rolls, dinner, egg	28.35	1.0 oz	0.015
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.015
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.015
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.015
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.015
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.015
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.015
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.015
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.015
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.015
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.015
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.015
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.015
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.015
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.015
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.015
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.015
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.015
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.015
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.015
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.015
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.015
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.015

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.015
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.015
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.015
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.015
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.015
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.015
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.015
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.015
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.014
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.014
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.014
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.014
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.014
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.014
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.014
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.014
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.014
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.014
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.014
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.014
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.014
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.014
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.014
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.014
06126	Gravy, turkey, dry	7.0	1.0 serving	0.014
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.014
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.014
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.014
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.014
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	0.014
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.014
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.014
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.014
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.014
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.014
01144	Egg substitute, powder	9.9	0.35 oz	0.014

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.014
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.014
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.014
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.014
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.014
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.014
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.014
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.014
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.014
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.014
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.014
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.014
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.014
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.014
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.014
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.014
19194	Puddings, rice, dry mix	106.0	1.0 package	0.014
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.014
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.014
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.014
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.014
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.014
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.014
18033	Bread, italian	28.35	1.0 oz	0.014
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.014
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.014
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.014
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.014
25059	Snacks, brown rice chips	9.0	1.0 cake	0.013
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.013
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.013
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.013
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.013
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.013
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.013
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.013



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.013
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.013
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.013
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.013
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.013
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.013
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.013
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.013
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.013
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.013
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.013
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.013
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.013
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.013
18354	Strudel, apple	28.35	1.0 oz	0.013
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.013
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.013
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.013
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.013
02066	Spearmint, dried	0.5	1.0 tsp	0.013
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.013
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.013
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.013
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.013
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.013
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.013
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.013
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0.013
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.013
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.013
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.013
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.013
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.013
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.013
06150	Sauce, barbecue	17.0	1.0 tbsp	0.013

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.013
19419	Snacks, corn cakes	9.0	1.0 cake	0.013
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.013
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.013
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.013
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.013
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.013
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.013
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.013
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.013
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.012
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.012
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.012
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.012
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.012
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.012
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.012
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.012
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.012
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.012
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.012
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.012
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.012
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.012
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.012
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.012
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.012
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.012
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.012
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.012
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.012
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.012
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.012
19081	Candies, sweet chocolate	28.35	1.0 oz	0.012
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.012

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.012
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.012
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.012
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.012
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.012
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.012
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.012
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.012
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.012
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.012
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.012
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.012
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.012
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.012
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.012
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.012
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.012
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.012
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.012
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.012
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.012
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.012
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.012
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.012
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.012
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.012
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.012
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.012
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.012
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.012

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.012
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.012
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.012
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.012
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.012
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.012
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.012
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.012
19312	Pie fillings, apple, canned	74.0	0.125 can	0.012
18243	Croutons, seasoned	14.2	0.5 oz	0.012
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.012
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.012
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.012
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.012
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.012
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.012
01031	Cheese, neufchatel	28.35	1.0 oz	0.012
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.012
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.012
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.012
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.012
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	0.012
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.012
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.012
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.012
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.012
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.011
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.011
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.011
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.011
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.011
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.011

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.011
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.011
18245	Danish pastry, cheese	28.35	1.0 oz	0.011
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.011
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.011
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.011
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.011
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.011
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.011
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.011
02021	Spices, ginger, ground	1.8	1.0 tsp	0.011
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.011
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.011
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.011
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.011
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.011
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.011
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.011
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.011
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.011
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.011
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.011
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.011
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.011
18349	Rolls, french	28.35	1.0 oz	0.011
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.011
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.011
18236	Cracker meal	28.35	1.0 oz	0.011
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.011
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.011
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.011
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.011
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.011
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.011
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.011

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.011
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.011
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.011
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.011
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.011
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.011
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.011
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.011
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.011
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.011
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.011
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.011
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.011
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.011
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.011
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.011
09216	Orange peel, raw	6.0	1.0 tbsp	0.011
20134	Rice noodles, cooked	176.0	1.0 cup	0.011
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.011
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.011
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.011
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.011
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.010
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.010
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.010
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.010
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.010
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.010
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.010
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.010
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.010
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.010
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.010
18106	Coffeecake, fruit	28.35	1.0 oz	0.010
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.010
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.010

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.010
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.010
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.010
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.010
09156	Lemon peel, raw	6.0	1.0 tbsp	0.010
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.010
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.010
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.010
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.010
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.010
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.010
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.010
12071	Nuts, almond paste	28.35	1.0 oz	0.010
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.010
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.010
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.010
01173	Egg, white, dried	28.0	1.0 oz	0.010
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.010
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.010
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.010
27064	Wasabi	20.0	1.0 tablespoon	0.010
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.010
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.010
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.010
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.010
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.010
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.010
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.010
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.010
09002	Acerola juice, raw	242.0	1.0 cup	0.010
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.010
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.010
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.010
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.010
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.010
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.010

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.010
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.010
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.010
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.010
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.010
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.010
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.010
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.010
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	0.010
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.010
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.010
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.010
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.010
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.010
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.009
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.009
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.009
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.009
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.009
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.009
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.009
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.009
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.009
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	0.009
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	0.009
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.009
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.009
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.009
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.009
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.009
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.009
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.009
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.009
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.009
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.009
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.009



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18240	Croissants, apple	28.35	1.0 oz	0.009
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.009
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.009
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	0.009
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	0.009
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	0.009
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.009
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.009
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.009
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.009
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	0.009
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.009
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	0.009
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	0.009
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.009
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	0.009
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.009
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.009
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.009
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.009
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.009
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.009
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.009
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.009
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.009
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.009
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.009
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.009
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.009
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.009
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.009
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.009
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.009
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.009
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.009
20133	Rice noodles, dry	57.0	2.0 oz	0.009

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.009
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.009
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.009
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.009
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.009
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.009
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.009
15109	Fish, surimi	28.35	1.0 oz	0.009
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.009
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.009
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.009
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.009
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.009
18338	Phyllo dough	28.35	1.0 oz	0.009
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.009
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.009
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.009
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.008
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.008
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.008
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.008
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.008
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.008
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	0.008
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.008
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.008
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.008
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.008
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.008
20030	Hominy, canned, white	165.0	1.0 cup	0.008
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.008
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.008
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.008
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.008
02011	Spices, cloves, ground	2.1	1.0 tsp	0.008
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.008

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.008
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.008
01017	Cheese, cream	14.5	1.0 tbsp	0.008
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.008
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.008
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.008
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.008
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.008
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	0.008
20330	Hominy, canned, yellow	160.0	1.0 cup	0.008
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.008
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.008
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.008
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.008
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.008
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.008
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.008
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.008
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.008
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.008
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.008
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.008
18218	Crackers, matzo, egg	14.2	0.5 oz	0.008
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.008
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.008
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.008
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.008
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.008
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.008
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.008
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.008
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.008
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.008
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	0.008
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	0.008

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.008
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	0.008
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	0.008
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0.008
02005	Spices, caraway seed	2.1	1.0 tsp	0.008
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.008
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.008
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.008
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.008
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.008
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.007
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.007
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.007
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.007
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.007
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.007
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.007
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.007
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.007
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.007
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.007
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.007
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.007
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.007
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.007
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.007
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.007
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.007
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	0.007
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.007
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.007
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	0.007
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.007
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.007
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.007
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.007

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.007
02037	Spices, saffron	0.7	1.0 tsp	0.007
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.007
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.007
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.007
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.007
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.007
02033	Spices, poppy seed	2.8	1.0 tsp	0.007
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.007
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.007
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.007
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.007
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.007
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.007
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.007
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.007
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.007
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.007
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.007
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.007
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	0.007
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.007
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.007
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.007
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.007
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.007
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.007
18224	Crackers, rusk toast	14.2	0.5 oz	0.007
18323	Pie, peach	28.35	1.0 oz	0.007
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.007
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.007
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.007
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.007
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.007
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.007
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.006

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0.006
20003	Arrowroot flour	128.0	1.0 cup	0.006
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	0.006
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.006
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.006
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	0.006
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	0.006
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.006
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	0.006
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.006
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.006
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.006
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.006
19294	Fruit butters, apple	17.0	1.0 tbsp	0.006
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.006
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.006
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.006
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.006
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.006
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.006
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.006
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.006
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.006
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.006
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	0.006
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.006
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.006
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	0.006
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.006
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.006
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.006
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	0.006
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	0.006
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.006
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.006
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.006

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.006
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.006
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.006
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.006
06114	Gravy, au jus, canned	59.0	0.25 cup	0.006
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.006
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.006
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.006
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.006
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.006
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.006
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.006
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.006
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.006
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.006
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.006
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.006
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.006
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	0.006
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.006
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.006
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.006
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.006
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.006
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.006
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.006
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.006
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.006
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.006
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.006
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.006
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.006
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.006
02008	Spices, chervil, dried	0.6	1.0 tsp	0.006
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.006
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.006

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.006
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.006
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.006
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.006
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.006
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.006
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.006
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.006
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.006
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.006
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.005
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.005
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.005
11975	Grape leaves, canned	4.0	1.0 leaf	0.005
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.005
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.005
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.005
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.005
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.005
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.005
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.005
18223	Crackers, milk	14.2	0.5 oz	0.005
02016	Spices, dill seed	2.1	1.0 tsp	0.005
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.005
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.005
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.005
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.005
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.005
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.005
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.005
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.005
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.005
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.005
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.005
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.005
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.005



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.005
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.005
19137	Toppings, strawberry	42.0	2.0 tbsp	0.005
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.005
11213	Endive, raw	25.0	0.5 cup, chopped	0.005
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.005
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.005
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.005
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.005
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.005
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.005
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.005
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.005
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.005
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.005
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.005
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.005
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.005
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.005
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.005
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.005
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.005
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.005
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.005
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.005
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.005
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.005
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.005
02029	Spices, parsley, dried	0.5	1.0 tsp	0.005
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.004
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.004
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.004
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.004
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.004
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.004

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.004
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.004
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.004
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.004
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.004
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.004
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.004
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.004
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.004
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.004
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.004
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.004
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.004
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.004
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.004
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.004
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.004
19300	Jellies	21.0	1.0 serving 1 tbsp	0.004
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.004
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.004
11156	Chives, raw	3.0	1.0 tbsp chopped	0.004
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.004
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.004
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.004
19297	Jams and preserves	20.0	1.0 tbsp	0.004
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.004
11145	Celtuce, raw	8.0	1.0 leaf	0.004
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.004
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.004
02001	Spices, allspice, ground	1.9	1.0 tsp	0.004
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.004
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.004
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.004
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.004
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.004

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
02044	Basil, fresh	2.5	5.0 leaves	0.004
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.004
19303	Marmalade, orange	20.0	1.0 tbsp	0.004
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.004
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.004
18242	Croutons, plain	14.2	0.5 oz	0.004
18171	Cookies, fortune	28.35	1.0 oz	0.004
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.004
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.004
02055	Horseradish, prepared	5.0	1.0 tsp	0.004
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.004
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.004
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.004
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.004
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.004
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.004
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.004
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.004
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.004
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.003
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.003
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.003
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.003
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.003
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.003
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.003
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.003
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.003
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.003
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	0.003
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.003
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.003
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.003
19018	Fruit syrup	334.0	1.0 cup	0.003
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	0.003
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.003

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.003
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.003
11216	Ginger root, raw	2.0	1.0 tsp	0.003
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.003
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.003
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.003
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.003
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.003
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.003
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.003
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.003
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.003
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.003
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.003
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.003
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.003
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.003
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.003
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.003
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.003
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.003
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.003
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.003
01225	Dulce de Leche	19.0	1.0 tbsp	0.003
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.003
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.003
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.003
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.003
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.003
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.003
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.003
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.003
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.003
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.003
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.003
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.003
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.003
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.003
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.003
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.003
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.003
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.003
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.003
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.003
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.003
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.003
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.003
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.003
05335	Chicken, feet, boiled	28.35	1.0 oz	0.003
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.003
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.003
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.003
02049	Thyme, fresh	0.8	1.0 tsp	0.003
02022	Spices, mace, ground	1.7	1.0 tsp	0.003
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.003
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	14.0	1.0 tbsp	0.003
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.003
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.003
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.003
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.003
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.003
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.003
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.003
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.003
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.003
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.003
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.002
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.002
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.002
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.002

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.002
01179	Sour cream, light	12.0	1.0 tablespoon	0.002
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.002
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.002
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.002
02063	Rosemary, fresh	0.7	1.0 tsp	0.002
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.002
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.002
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.002
09165	Litchis, dried	2.5	1.0 fruit	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.002
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.002
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.002
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.002
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.002
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.002
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.002
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.002
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	0.002
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.002
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.002
02015	Spices, curry powder	2.0	1.0 tsp	0.002
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.002
27066	Sauce, horseradish	5.6	1.0 tsp	0.002
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.002
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.002
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.002
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.002
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.002
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.002
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.002
02054	Capers, canned	8.6	1.0 tbsp, drained	0.002
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.002
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.002
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.002

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.002
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.002
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.002
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.002
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.002
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.002
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.002
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.002
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.002
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.002
01124	Egg, white, raw, fresh	33.0	1.0 large	0.002
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.002
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.002
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.002
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.002
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.002
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.002
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.002
11959	Arugula, raw	2.0	1.0 leaf	0.001
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.001
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.001
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.001
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.001
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.001
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.001
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.001
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.001
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.001
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.001
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.001
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.001
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.001
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.001
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.001
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.001

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.001
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.001
11984	Epazote, raw	0.8	1.0 tbsp	0.001
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.001
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.001
02050	Vanilla extract	4.2	1.0 tsp	0.001
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.001
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.001
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.001
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.001
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.001
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.001
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.001
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.001
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.001
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.001
19107	Candies, hard	28.35	1.0 oz	0.001
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.001
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.001
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.001
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.001
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.001
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.001
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.001
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.001
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.001
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.001
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.001
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.001
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.001
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.001
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.001



NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.001
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.001
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.001
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.001
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.000
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.000
02065	Spearmint, fresh	0.3	2.0 leaves	0.000
19108	Candies, jellybeans	11.0	10.0 small	0.000
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.000
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.000
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.000
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.000
19353	Syrups, maple	20.0	1.0 tbsp	0.000
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.000
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.000
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.000
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.000
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.000
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.000
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.000
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.000
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.000
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.000
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.000
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.000
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.000
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.000
19340	Sugars, maple	3.0	1.0 tsp	0.000
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.000
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.000
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.000
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.000
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.000
01069	Cream substitute, powdered	94.0	1.0 cup	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000
19350	Syrups, corn, light	341.0	1.0 cup	0.000
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.000
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	0.000
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.000
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000
04590	Fish oil, herring	13.6	1.0 tbsp	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.000
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.000
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.000
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.000
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.000
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.000
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.000
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.000
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.000
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.000
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.000
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.000
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.000
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.000
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.000
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.000
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
42040	Syrups, grenadine	20.0	1.0 tbsp	0.000
43026	Syrups, sugar free	240.0	1.0 cup	0.000
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.000
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.000
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.000
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	0.000
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000
01070	Dessert topping, powdered	43.0	1.5 oz	0.000
90480	Syrup, Cane	21.0	1.0 serving	0.000
04581	Oil, avocado	14.0	1.0 tbsp	0.000
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.000
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.000
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.000
04594	Fish oil, sardine	13.6	1.0 tbsp	0.000
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.000
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04542	Fat, chicken	12.8	1.0 tbsp	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.000
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.000
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
19070	Candies, butterscotch	28.35	1.0 oz	0.000
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.000
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.000
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.000
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.000
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.000
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.000
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.000
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.000
02047	Salt, table	6.0	1.0 tsp	0.000
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.000
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.000
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.000
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.000
04588	Oil, oat	13.6	1.0 tbsp	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.000
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.000
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.000
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.000
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.000
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.000

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Vitamin B-6(mg) Per Measure</b>
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.000
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.000
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.000