

# USDA National Nutrient Database for Standard Reference Release 28

## Nutrients: Vitamin E (alpha-tocopherol) (mg)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: Household

Report Run at: November 02, 2015 18:17 EST

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	49.05
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	49.05
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	40.77
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	40.77
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	40.77
12061	Nuts, almonds	143.0	1.0 cup, whole	36.65
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	34.44
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	33.41
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	33.41
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	33.41
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	32.98
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	32.98
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	29.55
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	23.33
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	20.81
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	20.13
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	20.12
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	20.08
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	17.28
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	16.78
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	16.78
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	16.64
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	16.18
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	15.14
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	14.99
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	13.82
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	13.82
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	13.54

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	13.51
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	13.51
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	13.51
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	13.51
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	13.51
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	13.51
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	13.51
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	13.50
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	13.50
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	13.50
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	13.50
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	13.50
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	13.50
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	13.50
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	13.50
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	13.44
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	13.32
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	13.27
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	12.68
12147	Nuts, pine nuts, dried	135.0	1.0 cup	12.60
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	12.30
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	12.26
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	12.00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	11.81
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	10.48
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	10.48
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	10.10
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	10.06
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	9.99
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	9.95
16104	Bacon, meatless	144.0	1.0 cup	9.94
16095	Peanuts, virginia, raw	146.0	1.0 cup	9.58
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	9.57

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	8.79
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	8.31
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	8.04
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	8.03
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	8.00
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	7.97
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	7.87
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	7.51
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	7.50
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	7.50
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	7.42
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	7.39
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	7.36
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	7.20
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	7.17
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	7.08
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	7.04
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	6.93
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	6.86
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	6.75
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	6.74
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	6.74
04038	Oil, wheat germ	4.5	1.0 tsp	6.72
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	6.48
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	6.47
04532	Oil, hazelnut	13.6	1.0 tablespoon	6.42
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	6.41
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	6.16
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	6.12
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	6.12
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	5.98
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	5.95
20060	Rice bran, crude	118.0	1.0 cup	5.81
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	5.79

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	5.76
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	5.75
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	5.63
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	5.63
11667	Seaweed, spirulina, dried	112.0	1.0 cup	5.60
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	5.59
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	5.59
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	5.59
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	5.59
11349	Poi	240.0	1.0 cup	5.52
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	5.42
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	5.40
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	5.40
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	5.40
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	5.34
04529	Oil, almond	13.6	1.0 tablespoon	5.33
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	5.25
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	5.24
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	5.21
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	4.96
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.92
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.92
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	4.83
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	4.83
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	4.80
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	4.80
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	4.79
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	4.74
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	4.74
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	4.72
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	4.71
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	4.70
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	4.64
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	4.64

NDB_No	Description	Weight(g)	Measure	Vitamin E
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06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	4.58
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	4.58
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	4.53
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.53
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	4.52
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	4.51
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	4.50
43128	Chicken, meatless	168.0	1.0 cup	4.50
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	4.50
21509	BURGER KING, Onion Rings	91.0	1.0 small	4.48
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	4.44
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	4.44
04037	Oil, rice bran	13.6	1.0 tablespoon	4.39
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	4.36
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	4.33
90560	Mollusks, snail, raw	85.0	3.0 oz	4.25
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	4.24
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	4.24
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	4.16
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	4.15
20035	Quinoa, uncooked	170.0	1.0 cup	4.15
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	4.13
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	4.12
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	4.12
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	4.11
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	4.06
11683	Carrot, dehydrated	74.0	1.0 cup	4.03
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	4.03
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	4.03
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	3.95
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	3.92
04517	Oil, grapeseed	13.6	1.0 tablespoon	3.92
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	3.88
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	3.88

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36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	3.88
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	3.88
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	3.87
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.87
11878	Taro, cooked, with salt	132.0	1.0 cup slices	3.87
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	3.87
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	3.84
12071	Nuts, almond paste	28.35	1.0 oz	3.84
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3.82
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	3.80
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	3.80
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	3.78
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	3.74
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	3.74
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	3.74
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	3.74
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	3.73
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	3.72
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	3.72
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	3.69
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	3.66
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	3.66
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	3.66
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	3.65
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	3.63
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	3.62
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	3.61
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	3.58
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	3.55
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	3.53
11549	Tomato products, canned, sauce	245.0	1.0 cup	3.53
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	3.52
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	3.52
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	3.51

NDB_No	Description	Weight(g)	Measure	Vitamin E
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20063	Rye flour, dark	128.0	1.0 cup	3.49
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	3.49
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	3.47
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	3.47
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	3.44
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	3.42
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	3.40
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	3.40
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	3.38
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	3.38
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	3.38
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	3.37
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	3.36
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	3.36
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	3.35
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3.33
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	3.31
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	3.31
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	3.31
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	3.30
01133	Egg, whole, dried	85.0	1.0 cup, sifted	3.30
36036	Restaurant, family style, onion rings	259.0	1.0 serving	3.29
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	3.28
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	3.28
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	3.26
21268	TACO BELL, Nachos	80.0	1.0 serving	3.26
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	3.26
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	3.25
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	3.22
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	3.22
19524	Snacks, taro chips	28.35	1.0 oz	3.21
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	3.17
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	3.12
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	3.10

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	3.08
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	3.08
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	3.07
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	3.05
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	3.04
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	3.04
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	3.04
43382	Cranberry juice, unsweetened	253.0	1.0 cup	3.04
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	3.03
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	3.03
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	3.02
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	3.02
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	3.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	2.96
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	2.96
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	2.96
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	2.96
11015	Asparagus, canned, drained solids	242.0	1.0 cup	2.95
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.95
43134	Vegetarian fillets	85.0	1.0 fillet	2.93
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	2.93
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	2.91
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	2.91
21270	TACO BELL, Taco Salad	533.0	1.0 item	2.88
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	2.86
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	2.84
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	2.84
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	2.84
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	2.81
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	2.81
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	2.81
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	2.80
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	2.79
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	2.79



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	2.78
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	2.78
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	2.78
11514	Sweet potato, canned, mashed	255.0	1.0 cup	2.78
11655	Carrot juice, canned	236.0	1.0 cup	2.74
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	2.72
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	2.72
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	2.71
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	2.71
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	2.71
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	2.70
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	2.70
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	2.70
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2.70
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	2.70
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	2.70
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	2.70
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	2.70
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	2.70
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	2.70
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	2.70
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	2.70
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	2.70
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	2.70
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2.69
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	2.69
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	2.69
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	2.69
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	2.69
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	2.67
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	2.67
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	2.66
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	2.65
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	2.64

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	2.64
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	2.64
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	2.63
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	2.63
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	2.63
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	2.61
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	2.61
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	2.60
04534	Oil, babassu	13.6	1.0 tbsp	2.60
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.60
11846	Pumpkin, canned, with salt	245.0	1.0 cup	2.60
11424	Pumpkin, canned, without salt	245.0	1.0 cup	2.60
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	2.59
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	2.58
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	2.58
19415	Snacks, potato sticks	28.35	1.0 oz	2.58
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	2.58
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	2.58
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	2.58
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.58
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	2.57
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	2.56
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	2.55
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	2.54
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	2.54
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	2.52
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	2.52
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	2.51
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	2.50
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	2.50
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	2.50
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	2.50
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	2.49
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	2.49

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
43132	Meatballs, meatless	144.0	1.0 cup	2.49
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	2.48
11518	Taro, raw	104.0	1.0 cup, sliced	2.48
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	2.44
04582	Oil, canola	14.0	1.0 tbsp	2.44
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.44
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	2.43
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	2.43
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	2.43
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	2.42
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	2.42
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	2.41
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	2.40
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	2.39
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	2.37
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	2.37
36027	DENNY'S, chicken strips	194.0	1.0 serving	2.37
16087	Peanuts, all types, raw	28.35	1.0 oz	2.36
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	2.35
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	2.33
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	2.31
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	2.30
20001	Amaranth grain, uncooked	193.0	1.0 cup	2.30
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2.28
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)	2.28
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	2.25
09043	Blackberry juice, canned	250.0	1.0 cup	2.25
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	2.23
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	2.23
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	2.22
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	2.22
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	2.22
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2.22
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	2.22

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	2.21
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	2.21
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	2.20
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	2.20
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	2.19
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	2.19
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	2.18
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	2.18
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	2.18
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	2.17
04055	Oil, palm	13.6	1.0 tbsp	2.17
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	2.17
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	2.16
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	2.16
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	2.16
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	2.16
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	2.16
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	2.15
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	2.14
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	2.14
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	2.14
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	2.14
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	2.12
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	2.12
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	2.12
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2.12
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	2.12
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	2.12
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	2.12
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	2.12
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	2.09
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	2.08
42289	Oil, corn and canola	14.0	1.0 tbsp	2.08

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	2.08
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	2.07
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	2.07
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	2.07
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	2.07
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	2.06
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	2.05
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	2.05
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	2.04
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	2.04
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	2.04
36031	DENNY'S, onion rings	166.0	1.0 serving	2.04
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	2.03
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	2.02
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	2.02
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	2.02
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2.02
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	2.02
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	2.02
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	2.02
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	2.02
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	2.01
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	2.01
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	2.01
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	2.01
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	2.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	2.00
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	2.00
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	2.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	2.00
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	1.99
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	1.99
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	1.98

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11298	Parsnips, raw	133.0	1.0 cup slices	1.98
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.98
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	1.98
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	1.98
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	1.97
25037	Snacks, pita chips, salted	28.35	1.0 oz	1.96
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.96
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.96
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.96
04588	Oil, oat	13.6	1.0 tbsp	1.96
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.95
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	1.95
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	1.95
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	1.94
20074	Wheat, hard white	192.0	1.0 cup	1.94
20071	Wheat, hard red spring	192.0	1.0 cup	1.94
20072	Wheat, hard red winter	192.0	1.0 cup	1.94
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	1.94
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.93
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	1.90
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1.90
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	1.90
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	1.89
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	1.89
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.89
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.87
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	1.86
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	1.86
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.86
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	1.85
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	1.85
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	1.84
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	1.84
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	1.82

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	1.82
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	1.82
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	1.82
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	1.81
21249	BURGER KING, french fries	74.0	1.0 small serving	1.81
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	1.80
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	1.80
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	1.79
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	1.79
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1.79
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.78
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	1.78
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	1.77
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	1.77
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	1.77
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.77
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.76
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	1.75
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	1.75
20069	Triticale	192.0	1.0 cup	1.73
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	1.73
15110	Fish, swordfish, raw	85.0	3.0 oz	1.72
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	1.72
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.70
36014	Restaurant, family style, french fries	170.0	1.0 serving	1.70
20073	Wheat, soft red winter	168.0	1.0 cup	1.70
20075	Wheat, soft white	168.0	1.0 cup	1.70
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	1.69
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.69
09042	Blackberries, raw	144.0	1.0 cup	1.68
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.68
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.68
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.68
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.68

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	1.67
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	1.67
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.66
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.66
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	1.66
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	1.66
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	1.65
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	1.65
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	1.65
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	1.65
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	1.65
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	1.65
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.64
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.64
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	1.63
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	1.63
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	1.62
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1.62
36610	DENNY'S, french fries	165.0	1.0 serving	1.62
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	1.62
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	1.61
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	1.61
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	1.61
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	1.61
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	1.61
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	1.61
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.61
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1.60
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.60
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	1.60
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.59
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	1.59
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	1.58
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.58



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	1.58
11568	Turnip greens, raw	55.0	1.0 cup, chopped	1.57
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1.57
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	1.57
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	1.57
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	1.57
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	1.56
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	1.56
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.56
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.56
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	1.56
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	1.56
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1.56
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	1.56
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	1.56
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	1.55
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	1.55
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	1.55
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	1.55
04514	Oil, poppyseed	13.6	1.0 tablespoon	1.55
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	1.55
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	1.55
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1.55
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.54
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1.54
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	1.54
12142	Nuts, pecans	109.0	1.0 cup, chopped	1.53
36002	APPLEBEE'S, french fries	164.0	1.0 serving	1.53
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	1.53
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.52
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	1.52
11011	Asparagus, raw	134.0	1.0 cup	1.51
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.51
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	1.51

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.51
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	1.51
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.50
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.50
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	1.49
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.49
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	1.49
09176	Mangos, raw	165.0	1.0 cup pieces	1.48
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	1.48
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1.48
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	1.47
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	1.47
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	1.47
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1.47
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	1.46
11973	Beans, fava, in pod, raw	126.0	1.0 cup	1.46
20064	Rye flour, medium	102.0	1.0 cup	1.46
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.46
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.46
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	1.46
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	1.46
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	1.46
09078	Cranberries, raw	110.0	1.0 cup, chopped	1.45
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	1.45
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.45
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	1.45
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	1.45
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	1.44
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.44
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	1.44
20062	Rye grain	169.0	1.0 cup	1.44
19896	Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	1.43
25027	Snacks, plantain chips, salted	28.35	1.0 oz	1.43
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	1.43

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	1.43
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	1.42
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	1.42
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	1.42
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	1.42
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	1.42
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	1.42
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.42
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.42
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.42
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	1.42
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	1.42
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	1.42
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	1.41
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.41
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	1.41
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1.41
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	1.40
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	1.40
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1.40
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.40
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	1.40
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	1.40
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	1.40
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	1.40
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	1.40
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.39
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1.38
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	1.38
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	1.38
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	1.38
09021	Apricots, raw	155.0	1.0 cup, halves	1.38
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	1.38
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	1.38

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
20140	Spelt, uncooked	174.0	1.0 cup	1.37
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	1.37
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	1.36
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.36
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.36
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	1.36
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	1.36
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	1.36
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1.35
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	1.35
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	1.35
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	1.35
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	1.35
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	1.35
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	1.35
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	1.35
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	1.35
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	1.35
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	1.35
43299	Soybean, curd cheese	225.0	1.0 cup	1.35
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	1.35
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	1.35
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	1.34
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	1.34
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	1.34
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	1.34
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	1.34
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	1.33
16059	Chili with beans, canned	256.0	1.0 cup	1.33
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	1.33
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	1.32
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	1.32
20088	Wild rice, raw	160.0	1.0 cup	1.31

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	1.31
09143	Guava sauce, cooked	238.0	1.0 cup	1.31
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	1.31
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	1.31
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	1.31
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.30
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	1.30
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	1.30
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	1.30
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	1.30
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	1.30
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	1.29
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	1.29
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	1.29
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	1.28
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	1.28
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1.28
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	1.28
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.28
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	1.28
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	1.28
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	1.28
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.28
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	1.28
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	1.28
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	1.27
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	1.27
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	1.27
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	1.27
11658	Spinach souffle	136.0	1.0 cup	1.26
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.26
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.26
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	1.26
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	1.26

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	1.26
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	1.26
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	1.26
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	1.25
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	1.25
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	1.25
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.25
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	1.25
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadilla	1.25
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.25
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	1.24
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	1.24
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	1.23
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	1.23
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.23
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1.23
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	1.23
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	1.23
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.23
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	1.23
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	1.22
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	1.22
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	1.22
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.22
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	1.22
09190	Mulberries, raw	140.0	1.0 cup	1.22
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	1.22
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	1.22
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	1.21
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	1.21
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	1.21
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	1.21
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	1.21

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1.21
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	1.21
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	1.21
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	1.20
09139	Guavas, common, raw	165.0	1.0 cup	1.20
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	1.20
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	1.20
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.20
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.20
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	1.20
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.20
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	1.19
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	1.19
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	1.19
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	1.19
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	1.19
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	1.19
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	1.19
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1.19
01069	Cream substitute, powdered	94.0	1.0 cup	1.18
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	1.18
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	1.18
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	1.18
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	1.17
20070	Triticale flour, whole-grain	130.0	1.0 cup	1.17
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	1.17
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	1.17
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.17
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1.17
20137	Quinoa, cooked	185.0	1.0 cup	1.17
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	1.17
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	1.16
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	1.16
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	1.16

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	1.16
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	1.16
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	1.16
19147	Candies, peanut bar	28.35	1.0 oz	1.16
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	1.16
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	1.16
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	1.15
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	1.15
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	1.15
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.15
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	1.15
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	1.15
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	1.14
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	1.14
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	1.14
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	1.14
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	1.14
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.13
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	1.13
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	1.13
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	1.13
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1.13
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	1.13
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	1.13
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	1.13
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1.13
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	1.12
09236	Peaches, yellow, raw	154.0	1.0 cup slices	1.12
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	1.12
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	1.12
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.12
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	1.12
09083	Currants, european black, raw	112.0	1.0 cup	1.12
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	1.12



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	1.12
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	1.11
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	1.11
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	1.11
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	1.11
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	1.11
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	1.11
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.11
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.10
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.10
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.10
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	1.10
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	1.10
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	1.10
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	1.10
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	1.10
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	1.10
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	1.10
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	1.10
09191	Nectarines, raw	143.0	1.0 cup slices	1.10
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	1.10
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	1.09
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	1.09
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	1.09
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.09
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.09
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.09
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	1.08
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.08
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	1.08
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	1.08
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	1.08
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	1.08
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	1.08

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	1.08
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	1.08
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	1.07
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	1.07
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	1.07
09302	Raspberries, raw	123.0	1.0 cup	1.07
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	1.07
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	1.07
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	1.06
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	1.06
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	1.06
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	1.06
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.06
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	1.06
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.05
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.05
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	1.05
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	1.05
20004	Barley, hulled	184.0	1.0 cup	1.05
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.05
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1.04
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	1.04
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	1.04
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.04
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	1.04
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1.04
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.04
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	1.04
15094	Fish, shad, american, raw	85.0	3.0 oz	1.04
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	1.04
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	1.03
21127	Fast foods, coleslaw	191.0	1.0 cup	1.03
02009	Spices, chili powder	2.7	1.0 tsp	1.03
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	1.03

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	1.03
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	1.02
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.02
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	1.02
15073	Fish, roughy, orange, raw	85.0	3.0 oz	1.02
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	1.02
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.02
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	1.02
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	1.02
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	1.02
21139	Fast foods, potato, mashed	242.0	1.0 cup	1.02
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	1.02
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	1.02
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	1.00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	1.00
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	1.00
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	1.00
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	1.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	1.00
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	1.00
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	1.00
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	1.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.99
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.99
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.99
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.99
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.99
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.98
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.98
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.98
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.98
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.98
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.98

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.98
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.98
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.98
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.98
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.98
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.97
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.97
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.97
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.97
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.97
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.97
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.97
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.97
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.97
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.97
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.96
20067	Sorghum grain	192.0	1.0 cup	0.96
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.96
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.96
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.95
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.95
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.95
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.95
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.95
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.95
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.95
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.95
20033	Oat bran, raw	94.0	1.0 cup	0.95
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.95
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.95
20090	Rice flour, brown	158.0	1.0 cup	0.95
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.95
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.95
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.95

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.94
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.94
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.94
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.94
16069	Lentils, raw	192.0	1.0 cup	0.94
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.94
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.94
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.94
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.94
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.94
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.94
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.94
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.94
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.94
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.93
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.93
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.93
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.93
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.93
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.93
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.93
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.92
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.92
20131	Barley malt flour	162.0	1.0 cup	0.92
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.92
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.92
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.92
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.92
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.92

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.92
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.92
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.91
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.91
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.91
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.90
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.90
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.90
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.90
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.90
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.90
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.90
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.90
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.90
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.89
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.89
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.89
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)	0.89
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.89
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.89
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.89
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.89
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.88
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.88
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.88
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.88
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.88
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.88
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.88
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.88
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.87
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.87
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.87

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.87
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.87
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.87
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	0.87
20077	Wheat bran, crude	58.0	1.0 cup	0.86
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.86
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.86
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.86
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.86
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.86
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.86
11976	Pepper, banana, raw	124.0	1.0 cup	0.86
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.86
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.85
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.85
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.85
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.85
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.85
22971	Potato salad with egg	125.0	0.5 cup	0.85
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.85
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.85
20065	Rye flour, light	102.0	1.0 cup	0.85
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.85
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.85
11124	Carrots, raw	128.0	1.0 cup chopped	0.84
20130	Barley flour or meal	148.0	1.0 cup	0.84
09050	Blueberries, raw	148.0	1.0 cup	0.84
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.84
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.84
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.84
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.84
11710	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.84

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.84
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.84
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.84
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.84
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.84
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.83
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.83
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.83
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.83
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.83
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.83
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.83
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.83
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.83
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.82
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.82
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.82
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.82
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.82
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.82
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.82
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.82
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.82
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.82
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.82
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.82
11161	Collards, raw	36.0	1.0 cup, chopped	0.81
20014	Corn grain, yellow	166.0	1.0 cup	0.81
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.81
43476	Tofu yogurt	262.0	1.0 cup	0.81
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.81
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.81
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.81
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.81



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.81
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.81
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.81
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.80
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.80
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.80
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.80
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.80
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.80
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.80
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.80
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.80
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.80
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.80
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.79
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.79
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.79
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.79
01040	Cheese, swiss	132.0	1.0 cup, diced	0.79
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.79
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.79
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.79
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.79
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.79
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.79
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	0.78
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.78
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.78
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.78
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.78
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.78
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.78
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	0.78
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.78

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.78
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.78
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.78
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.78
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.78
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.78
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.78
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.78
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.78
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.78
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.78
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.78
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.78
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.78
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.78
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.78
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.78
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.78
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.77
11098	Brussels sprouts, raw	88.0	1.0 cup	0.77
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.77
43109	Pretzels, soft	143.0	1.0 large	0.77
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.77
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.77
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.77
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.76
16157	Chickpea flour (besan)	92.0	1.0 cup	0.76
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.76
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.76
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.76
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.76
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.76
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.75

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.75
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.75
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.75
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.75
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.75
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.75
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.75
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.75
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.75
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.75
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.75
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.75
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.75
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.75
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.74
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.74
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.74
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.74
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.74
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.74
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.74
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.74
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.74
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.73
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.73
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.73
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.73
20132	Oat flour, partially debranned	104.0	1.0 cup	0.73
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.73
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.72
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.72
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.72
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.72
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.72

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.72
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.72
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.72
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.72
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.72
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.72
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.72
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.72
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.72
18972	Bread, cheese	48.0	1.0 slice	0.72
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.72
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.72
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.72
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.72
43114	Vermicelli, made from soy	140.0	1.0 cup	0.71
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.71
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.71
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.71
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.71
11090	Broccoli, raw	91.0	1.0 cup chopped	0.71
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.71
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.71
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.70
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.70
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.70
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.70
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.70
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.70
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.70
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.70
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.70
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.70
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.70
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.70

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.70
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.70
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.70
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.70
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.70
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.70
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.69
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.69
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.69
03217	Zwieback	28.35	1.0 oz	0.69
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.69
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.69
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.69
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.69
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.69
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.69
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.69
27064	Wasabi	20.0	1.0 tablespoon	0.69
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.69
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.69
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.69
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.68
11527	Tomatoes, green, raw	180.0	1.0 cup	0.68
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.68
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.68
36030	DENNY'S, hash browns	124.0	1.0 serving	0.68
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.68
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.68
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.68
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.68
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.68
11147	Chard, swiss, raw	36.0	1.0 cup	0.68
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.68
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.68

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11656	Corn pudding, home prepared	250.0	1.0 cup	0.68
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.68
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.68
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.68
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.67
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.67
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.67
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.67
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.67
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.67
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.67
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.67
02028	Spices, paprika	2.3	1.0 tsp	0.67
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.67
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.67
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.67
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.67
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.66
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.66
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.66
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.66
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.66
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.66
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.66
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.66
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.66
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)	0.66
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.66
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.66
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.66
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.66
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.66
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.65

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.65
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.65
01070	Dessert topping, powdered	43.0	1.5 oz	0.65
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 )	0.65
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.65
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	0.65
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.65
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.65
16055	Carob flour	103.0	1.0 cup	0.65
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.65
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.65
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.65
11241	Kohlrabi, raw	135.0	1.0 cup	0.65
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.65
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.65
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.65
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.65
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.64
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.64
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.64
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.64
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.64
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	14.0	1.0 tbsp	0.64
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.64
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.64
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.64
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.64
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.64
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.64
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.64
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	0.64
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.64

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.64
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0.64
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.64
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.64
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.64
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.63
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.63
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.63
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.63
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.63
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.63
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.63
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.63
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.63
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.63
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.63
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.63
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.63
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.63
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.63
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.63
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.63
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.62
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.62
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.62
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.62
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.62
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.62
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.62
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.62
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.62
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.62
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.62



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.62
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.62
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.62
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.62
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.62
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.62
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.61
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.61
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.61
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.61
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.61
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.61
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.61
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.61
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)	0.61
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.61
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.61
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.61
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.61
11457	Spinach, raw	30.0	1.0 cup	0.61
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.60
21420	KFC, Coleslaw	112.0	1.0 package	0.60
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.60
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.60
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.60
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.60
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.60
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.60
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.60
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.60
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.60
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.60
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.60

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.60
09229	Papaya nectar, canned	250.0	1.0 cup	0.60
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.60
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.60
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.60
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.60
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.60
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.60
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.60
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.60
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.60
01072	Dessert topping, pressurized	70.0	1.0 cup	0.60
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.60
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.60
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.60
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.59
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.59
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.59
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.59
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.59
25059	Snacks, brown rice chips	9.0	1.0 cake	0.59
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.59
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.59
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.59
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.59
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.59
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.59
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.59
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.59
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.59
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.59
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.59
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.59

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.59
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.59
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.58
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.58
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.58
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.58
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.58
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.58
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.58
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.58
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.58
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.58
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.58
42148	Candies, MARS SNACKFOOD US, M&M'S Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.58
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.58
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.58
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.58
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.58
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.58
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.58
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.58
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.58
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.58
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.58
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.58
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.58
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.58
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.58
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.58
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.57
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.57
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.57
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.57

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.57
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.57
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.57
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.57
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.57
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.57
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.57
11086	Beet greens, raw	38.0	1.0 cup	0.57
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.57
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.57
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.57
11520	Taro leaves, raw	28.0	1.0 cup	0.57
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.57
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.57
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.57
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.56
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.56
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.56
11141	Celeriac, raw	156.0	1.0 cup	0.56
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.56
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.56
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.56
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.56
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.56
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.56
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.56
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.56
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.56
09107	Gooseberries, raw	150.0	1.0 cup	0.56
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.55
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.55
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.55
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.55

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.55
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.55
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.55
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.55
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.55
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.55
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.55
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.55
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.55
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.55
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.55
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.55
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)	0.55
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.55
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.55
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.55
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.55
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.55
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.55
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.54
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.54
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.54
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.54
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.54
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.54
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.54
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.54
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.54
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.54
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.54
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	0.54
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.54
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.54
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.54

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.54
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.54
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.54
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.54
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.54
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.54
15008	Fish, carp, raw	85.0	3.0 oz	0.54
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.54
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.54
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.54
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.54
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.54
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.53
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.53
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.53
01057	Eggnog	254.0	1.0 cup	0.53
09160	Lime juice, raw	242.0	1.0 cup	0.53
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.53
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.53
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.53
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.53
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.53
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.53
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.53
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.53
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.53
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.53
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.53
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.53
09436	Mango nectar, canned	251.0	1.0 cup	0.53
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.53
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.53

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.53
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.53
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.53
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.52
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.52
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.52
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.52
11601	Yam, raw	150.0	1.0 cup, cubes	0.52
16107	Sausage, meatless	25.0	1.0 link	0.52
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.52
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.52
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.52
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.52
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.52
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.52
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.52
09094	Figs, dried, uncooked	149.0	1.0 cup	0.52
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.52
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.52
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.52
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.52
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.52
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.52
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.52
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.52
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.52
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.52
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.52
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.52
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.52
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.52
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.52
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.52
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.52

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.51
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.51
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.51
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.51
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.51
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.51
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.51
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.51
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.51
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.51
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.51
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.51
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.51
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.51
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.51
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.51
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.51
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	0.51
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.51
02015	Spices, curry powder	2.0	1.0 tsp	0.50
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.50
20141	Spelt, cooked	194.0	1.0 cup	0.50
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.50
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.50
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.50
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.50
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.50
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.50
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.50
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.50
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.50
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.50
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.50
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.50



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.50
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.50
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.50
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.50
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.50
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.50
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.50
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.49
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.49
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.49
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.49
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.49
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.49
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.49
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.49
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.49
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.49
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.49
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.49
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.49
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.49
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.49
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.49
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.48
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.48
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.48
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.48
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.48
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.48
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.48
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.48
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.48
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.48
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.48

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.48
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.48
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.48
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.48
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.48
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.48
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.48
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.48
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.48
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.48
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.47
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.47
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.47
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.47
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.47
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.47
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)	0.47
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.47
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.47
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.47
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.47
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.47
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.47
20002	Amaranth grain, cooked	246.0	1.0 cup	0.47
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.47
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.47
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.47
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.46
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.46
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.46
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.46
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.46
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.46

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.46
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.46
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.46
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.46
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.46
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.46
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.46
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.46
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.46
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.46
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.46
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.46
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.46
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.46
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.46
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.46
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.46
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.46
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.46
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.46
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.46
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.46
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.46
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.46
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.45
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.45
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.45
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.45
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.45
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.45
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.45
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.45
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.45
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.45

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.45
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.45
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.45
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.45
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.45
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.45
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.45
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.45
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.45
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.45
11297	Parsley, fresh	60.0	1.0 cup chopped	0.45
80200	Frog legs, raw	45.0	1.0 leg	0.45
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.45
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.45
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.45
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.45
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.45
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.45
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.45
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.45
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.45
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.45
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.45
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.44
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.44
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)	0.44
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.44
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.44
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.44
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.44
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.44
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.44
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.44

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.44
09316	Strawberries, raw	152.0	1.0 cup, halves	0.44
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.44
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.44
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.44
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.44
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.44
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.44
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.44
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.44
09002	Acerola juice, raw	242.0	1.0 cup	0.44
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.44
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.44
20066	Semolina, enriched	167.0	1.0 cup	0.43
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.43
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.43
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.43
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.43
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	0.43
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.43
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.43
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.43
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.43
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.43
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.43
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.43
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.43
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.43
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.43
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.43
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.43
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.43
09279	Plums, raw	165.0	1.0 cup, sliced	0.43

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.43
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.43
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.43
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.43
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.43
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.43
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.43
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.43
93600	Turtle, green, raw	85.0	3.0 oz	0.42
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.42
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
15090	Fish, scup, raw	85.0	3.0 oz	0.42
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.42
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.42
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.42
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	0.42
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.42
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.42
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.42
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.42
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.42
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.42
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.42
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.42
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.42
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.42
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.42
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.42
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.42
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.42
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.42
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.42
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.42

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.42
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.42
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.42
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPI, powder, not reconstituted	9.4	1.0 scoop	0.42
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.42
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.42
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.42
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.42
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.42
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	0.42
17142	Veal, ground, raw	85.0	3.0 oz	0.42
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.42
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.42
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	0.42
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.42
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.42
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.42
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.42
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.42
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.41
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.41
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.41
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.41
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.41
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.41
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.41
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.41
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.41
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.41
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.41
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.41
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.41
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.41

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.41
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.41
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.41
05305	Ground turkey, raw	453.6	1.0 lb	0.41
18241	Croissants, cheese	28.35	1.0 oz	0.41
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.41
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.41
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.41
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.41
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.41
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.41
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.41
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.41
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.41
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.41
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.41
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.41
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.41
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.41
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.41
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.41
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.40
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.40
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.40
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.40
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.40
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.40
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.40
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.40
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.40
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.40
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.40
18354	Strudel, apple	28.35	1.0 oz	0.40



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.40
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.40
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.40
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.40
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.40
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.40
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.40
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.40
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.40
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.40
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.40
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.40
11413	Potato flour	160.0	1.0 cup	0.40
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.40
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	0.40
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.40
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.40
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.40
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.40
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.40
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.40
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.40
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.40
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.40
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.40
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.40
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.40
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.40
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.40
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.40
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.40

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.40
18235	Crackers, whole-wheat	28.0	1.0 serving	0.39
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.39
20089	Wild rice, cooked	164.0	1.0 cup	0.39
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.39
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.39
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.39
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.39
11134	Cassava, raw	206.0	1.0 cup	0.39
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.39
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.39
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.39
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.39
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.39
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.39
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.39
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.39
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.39
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.39
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.39
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.39
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.39
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	0.39
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.39
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.39
09095	Figs, dried, stewed	259.0	1.0 cup	0.39
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.39
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.39
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.39
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.39
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.38
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.38
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.38
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.38

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.38
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.38
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.38
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.38
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.38
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.38
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	0.38
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.38
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	0.38
15033	Fish, haddock, raw	85.0	3.0 oz	0.38
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.38
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.38
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.38
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.38
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.38
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.38
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.38
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.38
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.38
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.38
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.38
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.38
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.38
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.38
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.38
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.38
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.38
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.38
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.38
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.38
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.38
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.38
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.38
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.38
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.38
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.38
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.38
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.38
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.38
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.38
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.38
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.37
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.37
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.37
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.37
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.37
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.37
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.37
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.37
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.37
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.37
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.37

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.37
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.37
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	0.37
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.37
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.37
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.37
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.37
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.37
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.37
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.37
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.37
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.37
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.37
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.37
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.37
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.37
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.37
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.37
04575	Fat, turkey	12.8	1.0 tbsp	0.37
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.37
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.37
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.37
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.37
01011	Cheese, colby	132.0	1.0 cup, diced	0.37
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.37
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.37
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.37
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.37
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.37
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.37
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)	0.37
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.37
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.37
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.37

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(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)	0.37
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.37
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.37
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.37
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.37
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.37
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.37
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.37
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.37
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.37
06963	Fish broth	244.0	1.0 cup	0.37
09152	Lemon juice, raw	244.0	1.0 cup	0.37
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.37
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.37
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.37
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.37
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	0.37
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.37
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.37
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.37
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.37
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.37
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.37
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.37
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.37
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.37
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.36
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.36
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.36
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.36
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.36
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.36
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.36

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.36
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.36
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.36
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.36
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.36
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.36
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.36
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.36
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.36
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.36
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.36
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.36
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.36
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.36
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)	0.36
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.36
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.36
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.36
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	0.36
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	0.36
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.36
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.36
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.36
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.36
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.36
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.36
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.36
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.36
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.36
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.36
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.36
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.36
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.36

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.36
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.36
01020	Cheese, fontina	132.0	1.0 cup, diced	0.36
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.35
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.35
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	0.35
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.35
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.35
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.35
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.35
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.35
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.35
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.35
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.35
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.35
11203	Cress, garden, raw	50.0	1.0 cup	0.35
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.35
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.35
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.35
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	0.35
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.35
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.35
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.35
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	0.35
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.35
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.35
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.35
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.35
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.35
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.35
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.35
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.35
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.35



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.35
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.35
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.35
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.35
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.35
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.35
04542	Fat, chicken	12.8	1.0 tbsp	0.35
04001	Fat, beef tallow	12.8	1.0 tbsp	0.35
04576	Fat, goose	12.8	1.0 tbsp	0.35
04574	Fat, duck	12.8	1.0 tbsp	0.35
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.34
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.34
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.34
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.34
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.34
01030	Cheese, muenster	132.0	1.0 cup, diced	0.34
01005	Cheese, brick	132.0	1.0 cup, diced	0.34
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.34
01025	Cheese, monterey	132.0	1.0 cup, diced	0.34
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.34
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.34
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.34
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.34
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.34
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.34
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.34
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.34
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.34
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.34
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.34
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.34
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.34
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	0.34

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.34
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.34
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.34
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.34
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.34
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.34
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.34
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.34
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.34
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.34
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	0.34
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.34
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.34
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.34
11591	Watercress, raw	34.0	1.0 cup, chopped	0.34
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.34
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.34
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.34
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.34
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.34
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.34
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.34
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.34
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.34
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.34
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.34
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.34
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.34
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.34
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.33
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.33
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.33
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.33

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.33
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.33
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.33
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.33
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.33
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.33
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.33
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.33
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.33
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.33
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.33
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.33
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.33
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.33
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.33
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.33
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.33
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.33
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.33
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.33
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.33
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.33
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.33
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.33
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.33
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.33
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.33
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.33
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.32
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.32
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.32
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.32
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.32
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.32

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
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	0.32
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.32
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.32
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.32
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.32
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.32
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.32
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.32
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.32
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.32
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.32
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.32
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.32
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.32
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.32
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.32
09221	Tangerine juice, raw	247.0	1.0 cup	0.32
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.32
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.32
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.32
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.32
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.32
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.32
20015	Corn bran, crude	76.0	1.0 cup	0.32
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.32
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.32
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.32
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.32
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.32
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.32
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.32
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.32
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.32

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.32
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.32
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.32
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.32
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.32
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.32
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.32
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.32
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.31
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.31
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.31
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.31
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.31
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.31
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.31
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.31
18968	Bagels, wheat	98.0	1.0 bagel	0.31
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.31
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.31
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.31
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.31
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.31
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.31
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.31
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.31
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.31
18214	Crackers, cheese, regular	14.2	0.5 oz	0.31
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.31
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.31
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.31

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.31
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.31
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.31
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.31
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.31
01024	Cheese, limburger	134.0	1.0 cup	0.31
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.31
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.31
09294	Prune juice, canned	256.0	1.0 cup	0.31
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.31
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.31
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.31
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.31
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.31
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.31
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.31
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.31
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.31
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.31
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	0.31
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.31
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.31
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.30
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.30
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.30
01035	Cheese, provolone	132.0	1.0 cup, diced	0.30
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.30
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.30
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.30
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.30
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.30
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.30

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.30
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.30
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.30
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.30
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.30
09437	Tamarind nectar, canned	251.0	1.0 cup	0.30
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.30
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.30
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.30
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.30
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.30
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.30
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.30
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.30
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.30
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.30
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.30
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.30
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.30
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.30
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.30
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.30
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.30
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.30
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	0.30
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.30
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.30
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.30
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.30
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.30
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.30
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.30
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.30

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.30
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.30
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.30
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.30
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.30
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.29
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.29
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)	0.29
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.29
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.29
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.29
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.29
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.29
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.29
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.29
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.29
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.29
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.29
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.29
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.29
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.29
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.29
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.29
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.29
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.29
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.29
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.29
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.29
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.29
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.29



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.29
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.29
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.29
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.29
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.29
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.29
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.29
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.29
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.29
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.29
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.29
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.29
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.29
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.29
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	0.29
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.29
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.29
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.28
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.28
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	0.28
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.28
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.28
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.28
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.28
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.28
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.28
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.28
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.28
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.28
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.28
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.28
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.28
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.28

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.28
05621	Emu, ground, raw	117.0	1.0 patty	0.28
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.28
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.28
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.28
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.28
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.28
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.28
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.28
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.28
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.28
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	0.28
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.28
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.28
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.28
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.28
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.28
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.28
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.28
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.28
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.28
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.28
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.28
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.28
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.28
01238	Ice cream sandwich	70.0	1.0 serving	0.28
11974	Grape leaves, raw	14.0	1.0 cup	0.28
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.28
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.28
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.28
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.28
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.28
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.28

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.28
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.28
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.28
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.28
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.28
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.28
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.28
18459	Breakfast tart, low fat	52.0	1.0 tart	0.28
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.28
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.28
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.28
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.28
18172	Cookies, gingersnaps	28.35	1.0 oz	0.27
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.27
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	0.27
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.27
11143	Celery, raw	101.0	1.0 cup chopped	0.27
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.27
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.27
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.27
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.27
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.27
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.27
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.27
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.27
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.27
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.27
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.27
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.27
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.27
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.27
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.27
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.27

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.27
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.27
11278	Okra, raw	100.0	1.0 cup	0.27
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.27
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.27
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.27
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.27
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.27
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.27
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.27
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.27
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.27
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.27
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.27
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.27
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.27
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.27
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.27
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.27
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.27
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.27
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.27
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.27
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.27
18323	Pie, peach	28.35	1.0 oz	0.27
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)	0.27
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.27
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.27
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.27
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.27
03930	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.27
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.27
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.26

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
			Per Measure	
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)	0.26
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.26
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.26
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.26
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.26
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.26
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.26
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.26
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.26
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.26
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.26
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.26
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	0.26
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
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	0.26
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.26
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	0.26
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.26
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.26
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.26
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.26
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.26
05641	Ostrich, ground, raw	109.0	1.0 patty	0.26
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.26
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.26
07031	Ham salad spread	15.0	1.0 tbsp	0.26
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.26
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.26

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.26
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.26
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.26
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.26
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.26
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.26
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.26
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.26
21142	Fast food, biscuit	55.0	1.0 biscuit	0.26
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.26
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.26
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.26
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.26
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.26
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.26
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)	0.26
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.26
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.26
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.26
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.26
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.26
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.26
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.26
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.26
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.26
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.26
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	0.26
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.26
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.26
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.26
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.26
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.26
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.26
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.26
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.25
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.25
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.25
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.25
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.25
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.25
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.25
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.25
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.25
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.25
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.25
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.25
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.25
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.25
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.25
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.25
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.25
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.25
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.25
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.25
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.25
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.25
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.25
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.25
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.25

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11949	Catsup, low sodium	17.0	1.0 tbsp	0.25
11935	Catsup	17.0	1.0 tbsp	0.25
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.25
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.25
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.25
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.25
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.25
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.25
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.25
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.25
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.25
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.25
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.25
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.25
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.25
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.25
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.25
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.25
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.25
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.25
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.25
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.25
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.25
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.25
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.25
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.25
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.25
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.25
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.25
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.25
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.25
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.25
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.24
28292	Crackers, multigrain	14.0	4.0 crackers	0.24



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.24
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.24
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.24
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.24
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.24
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.24
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.24
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.24
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.24
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.24
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.24
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.24
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.24
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.24
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.24
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.24
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.24
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.24
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.24
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.24
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.)	0.24
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.24
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.24
18239	Croissants, butter	28.35	1.0 oz	0.24
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.24
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.24
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.24
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.24
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0.24
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.24
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.24
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.24

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
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	0.24
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.24
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.24
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.24
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.24
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.24
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.24
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.24
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.24
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.24
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.24
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.24
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.24
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.24
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.24
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.24
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.24
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.24
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.24
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.24
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.24
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.24
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.23
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)	0.23
27066	Sauce, horseradish	5.6	1.0 tsp	0.23
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.23
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.23
21129	Fast foods, hush puppies	22.0	1.0 piece	0.23
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.23
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.23
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.23

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.23
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.23
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.23
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.23
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.23
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.23
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.23
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.23
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.23
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.23
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.23
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.23
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.23
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.23
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.23
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	0.23
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.23
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.23
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.23
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.23
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.23
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.23
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.23
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.23
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.23
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.23
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.23
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.23
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.23
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.23
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.23
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.23
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.23

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.23
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.23
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.23
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.23
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.23
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.23
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.23
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.23
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.23
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.23
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.23
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.23
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.23
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.22
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.22
09040	Bananas, raw	225.0	1.0 cup, mashed	0.22
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.22
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.22
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.22
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.22
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.22
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.22
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.22
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.22
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.22
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.22
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.22
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.22
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.22
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.22
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.22
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.22
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.22
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.22

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
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	0.22
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.22
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.22
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.22
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.22
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.22
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.22
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.22
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.22
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.22
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.22
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.22
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.22
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.22
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.22
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.22
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.22
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.22
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.22
09059	Breadfruit, raw	220.0	1.0 cup	0.22
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.22
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.22
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.22
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.22
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.22
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.22
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.22
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.22
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.22
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.22
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.22

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.22
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.22
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.22
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.22
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.22
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.22
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.22
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.22
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.22
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.22
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.22
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.22
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.22
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.22
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.21
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.21
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.21
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.21
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.21
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.21
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.21
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.21
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.21
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.21
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.21
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.21
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.21
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.21
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.21
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.21
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.21
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.21
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.21
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.21

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.21
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.21
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.21
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.21
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.21
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.21
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.21
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	0.21
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.21
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.21
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.21
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.21
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.21
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.21
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.21
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.21
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.21
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	0.21
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.21
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.21
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.21
09277	Plantains, raw	148.0	1.0 cup, sliced	0.21
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.21
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.21
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.21
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.21
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.21
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.21
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	0.21
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.21
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.21
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.21
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.20

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.20
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.20
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.20
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.20
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.20
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.20
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.20
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.20
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.20
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.20
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.20
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	0.20
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
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	0.20
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.20
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	0.20
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.20
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.20
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.20
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.20
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.20
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.20
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
17330	Game meat , bison, ground, raw	85.0	1.0 serving ( 3 oz )	0.20
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	0.20
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.20
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
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	0.20
05631	Emu, oyster, raw	85.0	3.0 oz	0.20
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.20
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.20
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.20
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.20
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.20
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.20
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.20
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.20
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.20
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.20
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.20
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.20
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.20
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.20
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)	0.20
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.20
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.20
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.20
43282	Quail, cooked, total edible	28.35	1.0 oz	0.20
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.20

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.20
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.20
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.20
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.20
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.20
09298	Raisins, seedless	165.0	1.0 cup, packed	0.20
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.20
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.20
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.20
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.20
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.20
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.20
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.20
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.20
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.20
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.20
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.20
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.20
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.20
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	0.20
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.20
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.20
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.20
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.20
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	0.20
05626	Emu, full rump, raw	85.0	3.0 oz	0.20
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.20
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	0.20
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.20
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.20
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	0.20
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
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	0.20
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	0.20
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.20
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz)	0.20
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.20
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz)	0.20
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.20
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.20
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz)	0.20
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.20
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.20
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.20
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.20
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.20
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.20
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.20
07971	Bologna, meat and poultry	33.0	1.0 slice	0.19
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.19
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.19
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.19
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.19
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.19
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.19
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.19

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.19
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.19
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.19
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.19
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.19
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.19
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.19
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.19
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.19
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.19
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.19
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.19
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.19
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.19
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.19
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.19
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.19
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.19
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.19
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.19
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.19
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.19
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.19
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.19
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.19
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.19
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.19
11304	Peas, green, raw	145.0	1.0 cup	0.19
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.19
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.19
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.19
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.19
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.19
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.19

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.19
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.19
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.19
18283	Muffins, oat bran	28.35	1.0 oz	0.19
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
05628	Emu, inside drum, raw	85.0	3.0 oz	0.19
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.19
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.19
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.19
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.19
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.19
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.19
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.19
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.19
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.19
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0.19
07024	Frankfurter, chicken	85.0	3.0 oz	0.19
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.19
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	0.19
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.19
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.19
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.19
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.19
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.19
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.19
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.19

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.19
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.19
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.19
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.19
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.19
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.19
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.19
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	0.19
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	0.19
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.19
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.19
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.19
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.19
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.19
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.19
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.19
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.19
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.19
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.19
02011	Spices, cloves, ground	2.1	1.0 tsp	0.19
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.18
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.18
18059	Bread, rice bran	28.35	1.0 oz	0.18
18170	Cookies, fig bars	28.35	1.0 oz	0.18
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.18
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.18
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.18
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.18
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.18
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.18
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.18
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.18

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.18
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.18
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.18
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.18
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.18
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.18
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.18
09315	Soursop, raw	225.0	1.0 cup, pulp	0.18
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.18
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.18
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.18
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.18
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.18
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.18
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.18
07960	Bologna, chicken, pork	28.0	1.0 serving	0.18
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.18
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.18
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.18
15109	Fish, surimi	28.35	1.0 oz	0.18
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.18
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.18
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.18
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.18
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.18
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.18
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.18
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.18
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.18
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.18

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.18
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.18
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.18
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.18
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	0.18
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.18
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.18
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.18
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.18
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	0.18
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.18
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.18
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.18
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.18
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.18
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.18
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.18
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.18
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.18
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.18
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.18
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.18
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.18
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.18
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.18
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.18
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.18



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.18
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.18
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.18
07025	Frankfurter, turkey	28.35	1.0 oz	0.18
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.18
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.18
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.17
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.17
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.17
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.17
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.17
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.17
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.17
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.17
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.17
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.17
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.17
18223	Crackers, milk	14.2	0.5 oz	0.17
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.17
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.17
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.17
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.17
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.17
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.17
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.17
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.17
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.17
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.17
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.17
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.17
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.17
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.17
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.17
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.17

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.17
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.17
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
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	0.17
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.17
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.17
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.17
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.17
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.17
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	0.17
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.17
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.17
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.17
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
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	0.17
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	0.17
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.17
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.17
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.17
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	0.17
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.17
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.17
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.17
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.17
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	0.17

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.17
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.17
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.17
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.17
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.17
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.17
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
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)	0.17
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.17
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.17
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.17
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0.17
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.17
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.17
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.17
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.17
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.17
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.17
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.17
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)	0.17
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.17
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.17
07007	Bologna, beef	30.0	1.0 slice	0.17
09252	Pears, raw	140.0	1.0 cup, slices	0.17
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.17

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.17
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.17
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.17
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.17
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.17
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.17
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.17
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.17
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.17
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.17
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.17
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.17
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.17
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.17
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.17
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.17
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.17
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.17
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.17
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.16
11118	Cabbage, kimchi	150.0	1.0 cup	0.16
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.16
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.16
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.16
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.16
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.16
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.16
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.16
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.16
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.16
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.16
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.16
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.16
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.16

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.16
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	0.16
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	0.16
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.16
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.16
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.16
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.16
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.16
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.16
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.16
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.16
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)	0.16
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.16
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.16
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.16
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.16
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.16
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.16
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.16
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	0.16
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.16
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.16
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	0.16
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.16
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.16
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.16
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.16
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.16
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.16

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.16
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.16
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.16
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)	0.16
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.16
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.16
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.16
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.16
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.16
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.16
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.16
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.16
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.16
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.16
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.16
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.16
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.16
09085	Currants, zante, dried	144.0	1.0 cup	0.16
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.16
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.16
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.16
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.16
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.16
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.16
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.16
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.16
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	0.16
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.16
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.16
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.16
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.16

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.16
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.15
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.15
20142	Teff, uncooked	193.0	1.0 cup	0.15
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.15
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.15
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.15
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.15
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)	0.15
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.15
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	0.15
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.15
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.15
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.15
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.15
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.15
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.15
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.15
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	0.15
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.15
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)	0.15
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.15
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.15
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.15
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.15
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.15
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.15
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.15
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.15
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.15
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	0.15
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.15
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.15
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
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	0.15
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.15
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.15
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.15
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.15
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.15
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.15
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.15
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.15
09413	Pears, raw, red anjou	126.0	1.0 small	0.15
18971	Bread, potato	32.0	1.0 slice	0.15
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.15



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.15
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.15
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.15
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.15
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.15
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.15
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.15
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.15
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.15
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.15
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.15
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.15
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.15
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.15
09433	Clementines, raw	74.0	1.0 fruit	0.15
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.15
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.15
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.15
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.15
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.15
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.15
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.15
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.15
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.15
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.15
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.15
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	28.0	1.0 cup	0.15
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.15
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.14
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.14
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.14
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.14
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.14

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.14
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	0.14
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
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	0.14
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.14
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.14
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.14
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.14
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.14
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.14
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	0.14
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.14
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	0.14
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.14
05630	Emu, outside drum, raw	85.0	3.0 oz	0.14
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.14
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
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	0.14
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.14
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.14

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.14
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.14
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.14
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.14
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.14
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.14
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.14
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.14
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.14
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.14
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.14
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.14
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.14
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.14
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.14
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.14
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.14
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.14
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.14
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.14
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.14
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.14
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.14
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.14
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.14
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.14
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.14

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.14
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.14
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.14
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.14
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.14
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.14
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.14
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.14
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.14
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.14
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.14
43483	Millet, puffed	21.0	1.0 cup	0.14
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.14
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.14
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.14
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.14
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.14
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.14
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.14
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.14
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.14
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.14
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.14
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.14
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.14
18039	Bread, oatmeal	28.35	1.0 oz	0.14
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.14
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.14
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.14
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.14
06150	Sauce, barbecue	17.0	1.0 tbsp	0.14
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.14
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.14

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
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	0.14
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.14
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	0.14
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.14
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.14
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
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	0.14
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.14
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.14
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.14
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	0.14
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.14
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.14
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz ( 1 serving)	0.14
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	0.14
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.14
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.14
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.14
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.14
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.14
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.14
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	0.14

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.14
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	0.14
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.14
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.14
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.14
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.14
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.14
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.14
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.14
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.13
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.13
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	0.13
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.13
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.13
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.13
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.13
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.13
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.13
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.13
09164	Litchis, raw	190.0	1.0 cup	0.13
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.13
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.13
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.13
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.13
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.13
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.13
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.13
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.13
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.13
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.13

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.13
20647	Millet flour	119.0	1.0 cup	0.13
03213	Babyfood, cookies	28.35	1.0 oz	0.13
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.13
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.13
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.13
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.13
07005	Blood sausage	100.0	4.0 slices	0.13
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.13
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.13
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.13
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.13
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.13
11954	Tomatillos, raw	34.0	1.0 medium	0.13
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.13
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.13
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.13
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.13
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.13
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.13
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.13
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.13
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.13
18264	English muffins, wheat	28.35	1.0 oz	0.13
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.13
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	0.13
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.13
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	0.13
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.13
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	0.13
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	0.13

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(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	0.13
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.13
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.13
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	0.13
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.13
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.13
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	0.13
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.13
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.13
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.13
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.13
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.13
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.13
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.13
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.13
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
21419	KFC, biscuit	49.0	1.0 biscuit	0.13
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.13
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.13
16117	Soy flour, defatted	105.0	1.0 cup	0.13
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.13
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.13
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.13
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.13
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.13
07052	Pastrami, turkey	57.0	2.0 slices	0.13
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.13
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	0.13



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.13
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.12
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.12
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.12
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
18037	Bread, oat bran	28.35	1.0 oz	0.12
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.12
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.12
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.12
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.12
01144	Egg substitute, powder	9.9	0.35 oz	0.12
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.12
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.12
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.12
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.12
01017	Cheese, cream	14.5	1.0 tbsp	0.12
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.12
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.12
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.12
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.12
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)	0.12
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.12
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.12
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.12
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.12
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.12
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.12
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.12
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.12
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.12
18236	Cracker meal	28.35	1.0 oz	0.12
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.12

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.12
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.12
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.12
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.12
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.12
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.12
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.12
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.12
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.12
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.12
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.12
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.12
18044	Bread, pumpernickel	28.35	1.0 oz	0.12
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.12
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.12
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.12
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	0.12
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.12
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.12
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.12
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
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	0.12
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	0.12
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.12
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
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)	0.12
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.12
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.12
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.12

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(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	0.12
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
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	0.12
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.12
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.12
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.12
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.12
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	0.12
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	0.12
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.12
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.12
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	0.12
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.12
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.12
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	0.12
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.12
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.12
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	0.12
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.12
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.12
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.12
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.12

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(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)	0.12
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	0.12
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)	0.12
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.12
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.12
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.12
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.12
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.12
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.12
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.12
18266	English muffins, whole-wheat	28.35	1.0 oz	0.12
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.12
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.12
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.12
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.12
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.12
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.12
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.12
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.12
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.12
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.12
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.12
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.12
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.12
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.12
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.11
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.11
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.11

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.11
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.11
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.11
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.11
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.11
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.11
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.11
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.11
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.11
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.11
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.11
01031	Cheese, neufchatel	28.35	1.0 oz	0.11
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.11
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.11
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.11
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.11
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.11
09084	Currants, red and white, raw	112.0	1.0 cup	0.11
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.11
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.11
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.11
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.11
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.11
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.11
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.11
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.11
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.11
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.11
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.11
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.11
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.11

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.11
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.11
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.11
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.11
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.11
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.11
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.11
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.11
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.11
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.11
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.11
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.11
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.11
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.11
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.11
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.11
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.11
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.11
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.11
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.11
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.11
11213	Endive, raw	25.0	0.5 cup, chopped	0.11
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.11
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.11
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.11
11215	Garlic, raw	136.0	1.0 cup	0.11

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.11
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.11
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.11
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.11
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.11
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.11
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.11
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.11
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	0.11
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.11
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.11
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.11
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.11
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.11
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.11
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.11
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.11
13350	Beef, cured, dried	28.0	10.0 slices	0.11
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.11
18967	Bread, white wheat	28.0	1.0 slice	0.11
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.11
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.11
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.11
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.11
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.11
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.11
08510	Milk and cereal bar	25.0	1.0 bar	0.10
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.10
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.10
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.10
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.10
18061	Bread, rye, toasted	28.35	1.0 oz	0.10
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.10

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.10
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.10
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.10
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.10
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.10
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.10
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.10
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.10
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.10
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)	0.10
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.10
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.10
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.10
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.10
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.10
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.10
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.10
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.10
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.10
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.10
18344	Rolls, dinner, egg	28.35	1.0 oz	0.10
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.10
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.10
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.10
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.10
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.10
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
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	0.10
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.10
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	0.10



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.10
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.10
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.10
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.10
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.10
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.10
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.10
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
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	0.10
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.10
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.10
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.10
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.10
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.10
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.10
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
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	0.10

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.10
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.10
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.10
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.10
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.10
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.10
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.10
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.10
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.10
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.10
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.10
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.10
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.10
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.10
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.10
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.10
20031	Millet, raw	200.0	1.0 cup	0.10
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.10
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.10
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.10
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.10
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.10
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.10
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.10
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.10
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.10
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.10
18245	Danish pastry, cheese	28.35	1.0 oz	0.10

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.10
09206	Orange juice, raw	248.0	1.0 cup	0.10
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.10
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.10
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.10
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.10
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.10
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.10
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.10
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.10
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.10
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.10
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.10
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.10
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.10
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.10
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.10
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.10
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.10
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.10
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.10
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.10
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.10
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.10
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.10
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.10
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.10
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.10
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.10
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.10
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.10
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.10
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.10

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.10
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.10
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.10
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.10
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.10
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.10
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.09
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.09
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.09
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.09
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.09
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.09
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.09
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
18060	Bread, rye	28.35	1.0 oz	0.09
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.09
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.09
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.09
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.09
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.09
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.09
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.09
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	0.09
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.09
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.09
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.09

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.09
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.09
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.09
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.09
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.09
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.09
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.09
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	0.09
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.09
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.09
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.09
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.09
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.09
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	0.09
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.09
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.09
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.09
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.09
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.09
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")	0.09
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.09
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.09
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.09
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.09
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.09
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.09
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.09
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.09
35236	Stew, pinto bean and hominy, baduhsuki (Hopi)	227.0	8.0 oz	0.09
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.09

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.09
18021	Bread, boston brown, canned	28.35	1.0 oz	0.09
18066	Bread, wheat bran	28.35	1.0 oz	0.09
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.09
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.09
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.09
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.09
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.09
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.09
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.09
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.09
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.09
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.09
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.09
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.09
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.09
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.09
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.09
05311	Chicken, canned, no broth	28.0	1.0 oz	0.09
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.09
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.09
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.09
18360	Taco shells, baked	12.9	1.0 shell	0.09
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.09
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.09
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.09
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.09
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.09
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.09
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.09
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.09

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
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)	0.09
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.09
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.09
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.09
01156	Cheese, goat, hard type	28.35	1.0 oz	0.09
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.09
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.09
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.09
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.09
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.09
11444	Seaweed, irishmoss, raw	10.0	2.0 tbs (1/8 cup)	0.09
11945	Pickle relish, sweet	15.0	1.0 tbs	0.09
11445	Seaweed, kelp, raw	10.0	2.0 tbs (1/8 cup)	0.09
11442	Seaweed, agar, raw	10.0	2.0 tbs (1/8 cup)	0.09
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.09
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.09
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.09
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.09
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.09
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.09
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.09
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.09
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.09
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.09
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.09
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.09
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.09
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.09
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.09
18349	Rolls, french	28.35	1.0 oz	0.09
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.09

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.09
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.08
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	0.08
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
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)	0.08
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.08
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
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	0.08
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.08
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	0.08
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	0.08
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.08
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)	0.08
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.08
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
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	0.08
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.08
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
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	0.08
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.08
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)	0.08



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.08
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.08
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)	0.08
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	0.08
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	0.08
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.08
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.08
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.08
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.08
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.08
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	0.08
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.08
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.08
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.08
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.08
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.08
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.08
20012	Bulgur, dry	140.0	1.0 cup	0.08
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.08
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.08
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.08
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.08
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.08
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.08
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.08
11943	Pimento, canned	12.0	1.0 tbsp	0.08
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.08
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.08
20030	Hominy, canned, white	165.0	1.0 cup	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.08
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.08
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.08
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
18033	Bread, italian	28.35	1.0 oz	0.08
18028	Bread, egg, toasted	28.35	1.0 oz	0.08
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.08
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.08
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.08
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.08
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.08
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.08
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.08
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.08
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.08
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.08
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.08
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.08
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.08
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.08
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.08
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.08
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.08
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.08
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.08
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
01023	Cheese, gruyere	28.35	1.0 oz	0.08
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.08
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.08
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.08
03215	Babyfood, pretzels	28.35	1.0 oz	0.08
18047	Bread, raisin, enriched	28.35	1.0 oz	0.08
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.08
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.08
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.08
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.08
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.08
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.08
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.08
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.08
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.08
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.08
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.08
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.08
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.08
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.08
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.08
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.08
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.08
09326	Watermelon, raw	154.0	1.0 cup, balls	0.08
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.08
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.08
04002	Lard	12.8	1.0 tbsp	0.08
05335	Chicken, feet, boiled	28.35	1.0 oz	0.08
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.08
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.08
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
07030	Ham, minced	28.35	1.0 oz	0.08
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.08
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.08
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.08
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.08
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.08
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
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	0.08
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.08
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.08
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.08
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.08
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	0.08
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.08
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.08
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.08
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.08
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.08
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.08
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.08
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	0.08
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.08
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.08
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.08
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	0.08
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.08
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.08
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.08
02054	Capers, canned	8.6	1.0 tbsp, drained	0.08
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.08
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.08
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.08
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.08
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.08
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.08
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.08
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.08
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.08
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.08
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.08
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.07
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.07
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.07
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.07
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.07
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.07
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.07
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.07
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.07
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.07
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.07
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.07
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.07
19081	Candies, sweet chocolate	28.35	1.0 oz	0.07

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.07
18027	Bread, egg	28.35	1.0 oz	0.07
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.07
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.07
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.07
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.07
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.07
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.07
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.07
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.07
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.07
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.07
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.07
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.07
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.07
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.07
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.07
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.07
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.07
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.07
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.07
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.07
11975	Grape leaves, canned	4.0	1.0 leaf	0.07
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.07
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.07
07026	Ham, chopped, canned	28.35	1.0 oz	0.07
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.07
01004	Cheese, blue	28.35	1.0 oz	0.07
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.07
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.07
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.07
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.07

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.07
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.07
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.07
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.07
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.07
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.07
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.07
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.07
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.07
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.07
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.07
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.07
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.07
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.07
01022	Cheese, gouda	28.35	1.0 oz	0.07
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.07
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.07
01018	Cheese, edam	28.35	1.0 oz	0.07
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.07
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.07
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.07
18065	Bread, wheat, toasted	28.35	1.0 oz	0.07
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.07
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.07
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.07
19400	Snacks, banana chips	28.35	1.0 oz	0.07
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.07
01006	Cheese, brie	28.35	1.0 oz	0.07
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.07
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	0.07
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	0.07

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
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	0.07
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	0.07
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
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	0.07
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.07
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.07
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.07
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.07
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	0.07
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.07
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.07
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.07
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.07
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	0.07
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.07
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.07
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.07
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.07
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.07
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	0.07
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.07
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.07
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.07
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.07
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.07



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.07
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.07
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.07
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.07
07070	Salami, cooked, turkey	28.0	1.0 serving	0.07
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.07
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.07
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.07
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.07
01038	Cheese, romano	28.35	1.0 oz	0.07
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.07
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.07
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.07
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.07
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.06
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.06
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.06
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.06
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.06
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.06
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.06
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.06
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.06
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.06
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.06
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.06
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.06
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.06
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.06
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.06
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.06
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.06
20133	Rice noodles, dry	57.0	2.0 oz	0.06
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.06

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.06
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.06
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.06
07050	Mortadella, beef, pork	28.35	1.0 oz	0.06
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.06
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
07019	Chorizo, pork and beef	28.35	1.0 oz	0.06
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.06
15014	Fish, cisco, smoked	28.35	1.0 oz	0.06
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	0.06
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.06
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.06
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.06
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.06
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.06
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.06
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.06
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.06
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.06
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.06
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.06
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.06
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.06
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.06
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.06
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.06
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.06

NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)	
			Measure	Per Measure
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.06
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.06
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.06
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.06
01007	Cheese, camembert	28.35	1.0 oz	0.06
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.06
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.06
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.06
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.06
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.06
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.06
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.06
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.06
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.06
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
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	0.06
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.06
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.06
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	0.06
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.06
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.06
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.06
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	0.06
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.06
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.06
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	0.06

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.06
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.06
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	0.06
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.06
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.06
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	0.06
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.06
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.06
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.06
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.06
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.06
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.06
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.06
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.06
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.06
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.06
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.06
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.06
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.06
18243	Croutons, seasoned	14.2	0.5 oz	0.06
17224	Lamb, ground, raw	28.35	1.0 oz	0.06
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.06
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.06
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.06
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.06
17164	Game meat, deer, raw	28.35	1.0 oz	0.06

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.06
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.06
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.06
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.06
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.06
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.06
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.06
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.06
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.06
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.06
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.06
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.06
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	0.05
04528	Oil, walnut	13.6	1.0 tbsp	0.05
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.05
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.05
11080	Beets, raw	136.0	1.0 cup	0.05
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.05
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.05
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.05
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.05
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.05
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.05
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.05
18064	Bread, wheat	28.35	1.0 oz	0.05
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.05
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.05
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.05
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.05
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.05
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.05

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.05
42161	Bologna, beef, low fat	28.0	1.0 slice	0.05
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.05
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.05
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.05
20134	Rice noodles, cooked	176.0	1.0 cup	0.05
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.05
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.05
02005	Spices, caraway seed	2.1	1.0 tsp	0.05
02038	Spices, sage, ground	0.7	1.0 tsp	0.05
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.05
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.05
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.05
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.05
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.05
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.05
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.05
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.05
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.05
01159	Cheese, goat, soft type	28.35	1.0 oz	0.05
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.05
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.05
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.05
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.05
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.05
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.05
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.05
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.05
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.05
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.05
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.05

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.05
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.05
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.05
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.05
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.05
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.05
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	0.05
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.05
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.05
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.05
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.05
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.05
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.05
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.05
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.05
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.05
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.05
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.05
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.05
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.05
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.05
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.05
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.05
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.05
02033	Spices, poppy seed	2.8	1.0 tsp	0.05
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.05
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.05
07068	Salami, cooked, beef	26.0	1.0 slice	0.05
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.05

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.05
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.05
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.05
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.05
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.05
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.05
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.05
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.05
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.05
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.05
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.05
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.05
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.05
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.05
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.05
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.05
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.05
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.05
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.05
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.05
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.05
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.05
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.05
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.05
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.05
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.05
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.05
19154	Candies, sesame crunch	28.35	1.0 oz	0.05
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.05
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.05
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.05
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.05
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.05
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.05



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.04
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.04
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.04
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.04
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.04
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.04
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.04
02029	Spices, parsley, dried	0.5	1.0 tsp	0.04
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.04
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.04
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.04
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.04
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.04
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.04
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.04
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.04
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.04
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.04
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.04
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.04
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.04
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.04
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.04
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.04
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.04
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.04
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.04
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.04
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.04
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.04
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.04
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.04
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.04
19137	Toppings, strawberry	42.0	2.0 tbsp	0.04
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.04
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.04
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.04
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.04
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.04
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.04
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.04
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.04
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.04
43146	Eggplant, pickled	136.0	1.0 cup	0.04
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.04
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.04
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.04
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.04
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.04
20005	Barley, pearled, raw	200.0	1.0 cup	0.04
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.04
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.04
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.04
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.04
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.04
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.04
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.04
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.04
11564	Turnips, raw	130.0	1.0 cup, cubes	0.04
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.04
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.04
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.04
01225	Dulce de Leche	19.0	1.0 tbsp	0.04

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.04
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.04
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.04
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.04
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.04
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.04
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.04
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.04
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.04
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.04
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.04
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.04
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.04
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.04
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.04
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.04
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.04
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.04
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.04
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.04
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.04
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.04
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.04
01179	Sour cream, light	12.0	1.0 tablespoon	0.04
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.04
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.04
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.04
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.04
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.04
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.04
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.04
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.04
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.04

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.03
20032	Millet, cooked	174.0	1.0 cup	0.03
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.03
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.03
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.03
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.03
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.03
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.03
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.03
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.03
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	0.03
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.03
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.03
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.03
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.03
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.03
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.03
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.03
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
19366	Toppings, pineapple	340.0	1.0 cup	0.03
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.03
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.03
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.03
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.03
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.03
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.03
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.03
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.03

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
19018	Fruit syrup	334.0	1.0 cup	0.03
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.03
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.03
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.03
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.03
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.03
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.03
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.03
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.03
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.03
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.03
11282	Onions, raw	160.0	1.0 cup, chopped	0.03
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.03
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.03
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)	0.03
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.03
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.03
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.03
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.03
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.03
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.03
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.03
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.03
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.03
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.03
18177	Cookies, molasses	28.35	1.0 oz	0.03
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.03
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.03
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.03

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.03
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.03
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.03
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.03
16099	Peanut flour, defatted	60.0	1.0 cup	0.03
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.03
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.03
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.03
19312	Pie fillings, apple, canned	74.0	0.125 can	0.03
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.03
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.03
01115	Whey, sweet, dried	145.0	1.0 cup	0.03
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.03
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.03
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.03
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.03
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.03
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.03
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.03
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.03
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.03
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.03
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.03
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.03
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.03
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.03
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.03
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.03
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.03
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.03
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.03
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)	0.03
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.03

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.03
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.03
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.03
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.03
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.03
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.03
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.03
11965	Cauliflower, green, raw	64.0	1.0 cup	0.03
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.03
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.03
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.03
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.03
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.03
19070	Candies, butterscotch	28.35	1.0 oz	0.03
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.03
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.03
07951	Scrapple, pork	17.0	1.0 cubic inch	0.03
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.03
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.03
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.03
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.03
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.03
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.03
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.03
09434	Guanabana nectar, canned	251.0	1.0 cup	0.03
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.02
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.02
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.02
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.02
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.02
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.02
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.02
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.02
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.02

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.02
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.02
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.02
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.02
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.02
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.02
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.02
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.02
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.02
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.02
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.02
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.02
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.02
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.02
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.02
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.02
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.02
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.02
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.02
19297	Jams and preserves	20.0	1.0 tbsp	0.02
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.02
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.02
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.02
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.02
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.02
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.02
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.02
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.02
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.02
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.02
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.02
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.02
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.02
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.02



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.02
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.02
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.02
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.02
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.02
18338	Phyllo dough	28.35	1.0 oz	0.02
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.02
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.02
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.02
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)	0.02
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.02
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.02
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.02
02007	Spices, celery seed	2.0	1.0 tsp	0.02
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.02
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.02
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.02
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.02
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.02
02020	Spices, garlic powder	3.1	1.0 tsp	0.02
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.02
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.02
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.02
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.02
02044	Basil, fresh	2.5	5.0 leaves	0.02
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.02
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.02
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.02
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.02
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.02
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.02
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.02
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.02

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.02
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.02
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.02
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.02
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.02
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.02
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.02
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.02
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.02
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.02
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.02
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.02
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.02
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.02
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.02
20013	Bulgur, cooked	182.0	1.0 cup	0.02
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.02
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.02
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.02
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.02
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.02
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.02
16113	Natto	175.0	1.0 cup	0.02
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.02
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.02
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.02
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.02
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.02
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.02
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.02
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.02
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.02
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.02
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.02

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.02
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.02
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.02
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.02
20006	Barley, pearled, cooked	157.0	1.0 cup	0.02
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.02
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.02
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.02
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.02
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.02
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.02
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.02
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.02
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.02
09156	Lemon peel, raw	6.0	1.0 tbsp	0.02
09216	Orange peel, raw	6.0	1.0 tbsp	0.02
04047	Oil, coconut	13.6	1.0 tbsp	0.01
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.01
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.01
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.01
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.01
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.01
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.01
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.01
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.01
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.01
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.01
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.01
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.01
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.01
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.01
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.01

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.01
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.01
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.01
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.01
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.01
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.01
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.01
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.01
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.01
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.01
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.01
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.01
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.01
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.01
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.01
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.01
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.01
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.01
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")	0.01
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.01
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.01
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.01
19303	Marmalade, orange	20.0	1.0 tbsp	0.01
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.01
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.01
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.01
11432	Radishes, oriental, dried	116.0	1.0 cup	0.01
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.01
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.01
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.01
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.01
16129	Tofu, fried	28.35	1.0 oz	0.01
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.01
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.01

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.01
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.01
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.01
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.01
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.01
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.01
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.01
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.01
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.01
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.01
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.01
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.01
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.01
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.01
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.01
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.01
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.01
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.01
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.01
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.01
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.01
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.01
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.01
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.01
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.01
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.01
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.01
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.01
11959	Arugula, raw	2.0	1.0 leaf	0.01
18217	Crackers, matzo, plain	14.2	0.5 oz	0.01
18171	Cookies, fortune	28.35	1.0 oz	0.01
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.01
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.01

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.01
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.01
19294	Fruit butters, apple	17.0	1.0 tbsp	0.01
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.01
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.01
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.01
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.01
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.01
09165	Litchis, dried	2.5	1.0 fruit	0.01
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.01
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.01
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.01
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.01
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.01
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.01
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.01
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.01
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.01
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.01
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.01
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.01
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.01
02026	Spices, onion powder	2.4	1.0 tsp	0.01
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.01
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.01
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.01
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.01
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.01
11156	Chives, raw	3.0	1.0 tbsp chopped	0.01
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.01
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.01

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.01
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.01
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.01
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.01
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.01
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.01
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.01
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.01
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.01
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.01
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.01
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.01
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.01
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.01
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.01
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.01
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.01
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.01
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.01
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.01
11216	Ginger root, raw	2.0	1.0 tsp	0.01
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.00
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.00
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.00
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.00
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.00
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.00
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.00
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.00
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.00
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.00
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.00
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.00
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.00
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.00
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.00
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.00
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.00
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.00
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.00
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.00
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.00
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.00
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.00
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.00
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.00
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.00
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.00
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.00
16112	Miso	17.0	1.0 tbsp	0.00
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.00
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.00
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.00
02055	Horseradish, prepared	5.0	1.0 tsp	0.00
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.00
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.00
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.00



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.00
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.00
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.00
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.00
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.00
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.00
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.00
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0.00
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.00
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	0.00
02050	Vanilla extract	4.2	1.0 tsp	0.00
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.00
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.00
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.00
11963	Nopales, raw	86.0	1.0 cup, sliced	0.00
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.00
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.00
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.00
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.00
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.00
04516	Oil, teaseed	13.6	1.0 tablespoon	0.00
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.00
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.00
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.00
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.00
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.00
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.00
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.00
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.00
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.00
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.00
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.00
01112	Whey, acid, fluid	246.0	1.0 cup	0.00
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.00
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.00
04536	Oil, sheanut	13.6	1.0 tablespoon	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.00
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.00
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.00
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.00
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.00
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.00
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.00
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.00
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.00
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.00
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.00
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.00
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.00
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.00
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.00
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.00
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.00
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.00
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.00
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.00
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.00
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	0.00
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.00
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.00
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.00
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.00
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.00
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.00
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.00
19163	Chewing gum	3.0	1.0 stick	0.00
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.00
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.00
11429	Radishes, raw	116.0	1.0 cup slices	0.00
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.00
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.00
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.00
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.00
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.00
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 biscuit	0.00
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.00
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.00
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	0.00
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.00
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.00
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.00
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.00
20027	Cornstarch	128.0	1.0 cup	0.00
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.00
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.00
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.00
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	0.00
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.00
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.00
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.00
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.00
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.00
19304	Molasses	337.0	1.0 cup	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.00
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.00
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.00
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0.00
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.00
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.00
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.00
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.00
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	0.00
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.00
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.00
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.00
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.00
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.00
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.00
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.00
19107	Candies, hard	28.35	1.0 oz	0.00
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.00
19300	Jellies	21.0	1.0 serving 1 tbsp	0.00
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.00
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.00
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.00
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.00
07008	Bologna, beef and pork	100.0	3.527 oz	0.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.00
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.00
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.00
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.00
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.00
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.00
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.00
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.00
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.00
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.00
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.00
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	0.00
14555	Water, bottled, generic	29.6	1.0 fl oz	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.00
02047	Salt, table	6.0	1.0 tsp	0.00
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.00
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.00
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.00
90480	Syrup, Cane	21.0	1.0 serving	0.00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.00
01113	Whey, acid, dried	57.0	1.0 cup	0.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.00
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.00
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.00
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.00
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.00
42040	Syrups, grenadine	20.0	1.0 tbsp	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.00
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.00
43026	Syrups, sugar free	240.0	1.0 cup	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.00
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.00
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.00
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.00
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.00
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.00
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.00
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.00
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.00
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.00
01173	Egg, white, dried	28.0	1.0 oz	0.00
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.00
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.00
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00
01124	Egg, white, raw, fresh	33.0	1.0 large	0.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.00
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.00
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.00
19353	Syrups, maple	20.0	1.0 tbsp	0.00
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.00
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.00
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.00
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.00
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.00
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	0.00
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.00
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.00
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.00
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.00
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.00
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.00
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.00
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.00
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.00
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.00
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.00
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.00
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.00
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.00
19349	Syrups, corn, dark	328.0	1.0 cup	0.00
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.00
16122	Soy protein isolate	28.35	1.0 oz	0.00
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.00
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.00
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	0.00



NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.00
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.00
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.00
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.00
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.00
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.00
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.00
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.00
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.00
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.00
19340	Sugars, maple	3.0	1.0 tsp	0.00
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.00
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.00
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.00
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.00
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.00
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.00
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.00
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.00
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.00
02053	Vinegar, distilled	14.9	1.0 tbsp	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
43060	Chewing gum, sugarless	2.0	1.0 piece	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.00
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.00
19108	Candies, jellybeans	11.0	10.0 small	0.00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.00
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.00
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.00
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.00
19335	Sugars, granulated	2.8	1.0 serving packet	0.00
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.00
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.00
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.00
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.00
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.00
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.00
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.00
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	0.00
02048	Vinegar, cider	14.9	1.0 tbsp	0.00
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.00
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.00
19296	Honey	339.0	1.0 cup	0.00
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	0.00
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.00
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.00
01114	Whey, sweet, fluid	246.0	1.0 cup	0.00
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.00
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.00
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.00
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.00
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.00
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.00
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.00
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.00
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.00
43406	Yeast extract spread	6.0	1.0 tsp	0.00
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.00
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.00
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.00
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.00
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.00
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.00
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.00
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.00
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.00
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.00
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.00
02021	Spices, ginger, ground	1.8	1.0 tsp	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.00
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.00
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.00
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.00
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.00
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.00
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.00
19355	Syrups, sorghum	330.0	1.0 cup	0.00
35147	Tamales (Navajo)	186.0	1.0 piece	0.00
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.00
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.00
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.00
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.00
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.00
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.00
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.00
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.00
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.00
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.00
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.00
28008	KELLOGG'S, EGGO, Waffles, Strawberry Strudel	76.0	2.0 waffles	0.00
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.00
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.00
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.00
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.00
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg)
				Per Measure
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.00
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
19350	Syrups, corn, light	341.0	1.0 cup	0.00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.00
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.00
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.00
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.00
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	0.00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.00
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.00
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.00
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.00
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.00
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.00
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.00
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.00
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	0.00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.00
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E
				(alpha-tocopherol)(mg) Per Measure
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.00
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.00
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.00
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.00
19030	Syrup, fruit flavored	20.0	1.0 serving	0.00
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.00
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.00
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	0.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.00
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.00
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.00
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.00