

USDA National Nutrient Database for Standard Reference Release 28

Nutrients: 18:3 n-3 c,c,c (ALA) (g)

Food Subset: All Foods
 Ordered by: Food Name
 Measured by: Household
 Report Run at: September 18, 2016 04:43 EDT

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.081
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.038
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.000
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.301
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.049
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.348
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	4.123
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	2.013
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.205
36002	APPLEBEE'S, french fries	164.0	1.0 serving	1.194
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.272
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.162
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.226
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.166
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.255
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.002
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.001
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.019
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.024
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.015
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.034
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.045
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.130
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.446
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.096
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.192
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.102
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.102

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.375
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.322
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.119
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.008
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.022
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.032
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.054
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.116
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.057
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.027
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.046
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.047
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.060
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.038
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.058
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.015
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.027
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.022
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.026
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.013
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.048
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	0.018
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.030
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.017
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.024
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
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	0.037
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.026
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.037
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.026
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.037
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.024
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.020
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.020
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.014
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.025
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
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	0.025
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	0.020
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	0.026
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	0.020
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	0.024
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	0.020
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	0.013
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	0.008

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
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	0.014
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
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	0.010
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.035
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.028
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.035
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.027
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.035
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.028
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.020
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.012
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.020
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.022
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.012
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.003
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.013
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.004
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.011
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.003
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.024
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.024
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.024
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.017
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.017
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.018
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.037
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.030
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.038
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.031
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.037
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.028
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.026
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.014
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.026
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.015
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.026
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
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	0.004
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.004
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.003
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.004
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.003
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.005
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)	0.011
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	0.003
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)	0.011

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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	0.000
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	0.023
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	0.009
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)	0.017
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.014
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)	0.016
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.014
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)	0.020
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.016
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	0.021
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	0.019
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	0.020
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	0.020
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	0.024
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	0.015
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	0.020
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	0.015
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	0.018
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.018
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	0.021

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13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
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	0.016
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	0.018
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	0.014
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	0.002
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
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	0.032
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.033
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.032
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.015
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.016
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.014
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.029
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.030
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.027
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.015
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.015
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.015
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.010
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.011
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.010
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.013

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13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.008
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.010
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.014
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.013
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.014
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.014
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.010
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.007
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.008
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.008
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.008
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.006
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.009
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.003
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.005
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.005
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.002
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.060
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.013
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.073
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.038
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.066
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.058
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.041
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.040
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.036
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.038
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.041
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.035
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.036
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.033
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.034

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.028
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.037
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.035
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.014
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.012
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.014
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.012
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.013
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.014
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.010
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.011
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.017
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.018
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.015
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.016
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.017
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.010
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.015
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
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	0.016
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	0.012
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	0.017
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.013

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) 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	0.014
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
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	0.012
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.013
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.010
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.006
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	0.023
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	0.019
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	0.024
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	0.020
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	0.021
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	0.018
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	0.010
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	0.008
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	0.011
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.008
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	0.009
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.007
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.079
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.080
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.051
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.050
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.225
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.241
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.085
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.087

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.096
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.062
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.054
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.103
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.064
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.106
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.132
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.071
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.075
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.046
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.051
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.043
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.038
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.059
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.060
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.048
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.042
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.103
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.101
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.085
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.079
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.066
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.066
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.046
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.033
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.053
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.331
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.509
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.057
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.053
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.069
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.065
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.088
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.063
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.067

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.042
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.044
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.072
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.076
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.070
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.072
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.123
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.159
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.063
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.061
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.434
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.576
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.116
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.142
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.082
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.072
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.080
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.067
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.042
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.097
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.069
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.069
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.046
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.060
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.125
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.151
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.015
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.024
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.009
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.013
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.010
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.013
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.012

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) 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	0.007
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.008
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.006
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.022
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.024
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.020
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.025
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.026
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.022
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.020
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.020
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.017
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.020
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.024
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.019
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	0.032
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	0.033
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	0.031
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	0.017
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	0.019
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	0.014
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	0.032
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	0.034
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	0.029
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	0.017
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.019
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
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	0.034
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	0.033
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	0.034
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	0.014
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	0.014
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	0.014
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.014
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.005
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.014
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.014
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
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	0.032
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	0.033
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	0.031
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	0.014
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.014
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.014
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	0.025
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	0.025
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	0.025
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	0.008
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	0.008
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	0.007
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	0.021
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	0.023
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	0.019
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	0.005
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.006
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.003
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.042
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.043
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.039

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.026
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.029
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.024
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	0.008
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.007
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.005
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.007
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.005
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.007
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.005
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.004
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
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	0.008
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.008
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.007
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.005
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.007
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.005
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.007
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.006
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.004
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.018

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.009
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.009
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.009
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.010
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
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)	0.005
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.007
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.007
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)	0.006
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)	0.005
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
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)	0.004
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
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)	0.006
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.007
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.005
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.007
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.004
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.004
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.005
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.004
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.006

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.006
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.004
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.005
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.005
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.004
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.027
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.022
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.030
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.023
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.023
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.020
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.014
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.009
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.017
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.012
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.010
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.007
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	0.015
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	0.008
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	0.017
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.010
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	0.012
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.007
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	0.030
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.024
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.032
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.025
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.027

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.022
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.009
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.010
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.008
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.007
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.008
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.006
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.011
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.010
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.009
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.010
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.012
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.011
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.009
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.014
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.008
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.007
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.007
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.007
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.012
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.000
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.010
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.003
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.009
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.002
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.012
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.014
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.006
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.060
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.007
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.002
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.323
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.000
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.000
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.005
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.008
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.021
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.134
07007	Bologna, beef	30.0	1.0 slice	0.029
07960	Bologna, chicken, pork	28.0	1.0 serving	0.057
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.047
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.071
07971	Bologna, meat and poultry	33.0	1.0 slice	0.068
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.088
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.012
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.039
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.018
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.014
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.194
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.005
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.136
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.200
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.009
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.248

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.042
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.051
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.637
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.025
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.046
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.269
18064	Bread, wheat	29.0	1.0 slice	0.045
18065	Bread, wheat, toasted	28.35	1.0 oz	0.046
18967	Bread, white wheat	28.0	1.0 slice	0.023
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.048
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.044
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.164
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.107
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.296
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.196
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.313
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	0.168
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	1.178
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1.564
21249	BURGER KING, french fries	74.0	1.0 small serving	0.202
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.030
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.105
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.027
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.525
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.292
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	1.076
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.008
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.800
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	1.482
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.575
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.016
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.011
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.016
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.627
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.227

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.049
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.683
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.019
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.457
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.017
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.028
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.002
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.010
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.001
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	0.024
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.006
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.008
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.032
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.009
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.002
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.008
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.006
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.007
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.164
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.424
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.210
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.166
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.156
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.016
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.019
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.051
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.010
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.012
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.012
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.010
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.037
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.007
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.005
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.887

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.027
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.026
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.022
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.016
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.023
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.015
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.012
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.017
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.004
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.016
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.017
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.022
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.020
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.024
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.016
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.042
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.026
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.022
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.017
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.268
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.137
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.137
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.017
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.008
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.013
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.022
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.008
01017	Cheese, cream	14.5	1.0 tbsp	0.018
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.001
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.012
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.107
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.121
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.063

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
01031	Cheese, neufchatel	28.35	1.0 oz	0.033
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.102
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.039
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.039
01040	Cheese, swiss	132.0	1.0 cup, diced	0.165
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.124
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.254
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.016
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.368
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.034
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.002
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.710
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.071
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.022
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.020
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.011
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.020
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.019
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.029
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.124
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.062
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.013
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.009
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.084
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.043
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.038
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.035
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.130
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.057
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.045
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)	0.084
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.102
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.024
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.013

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.037
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.037
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.021
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.066
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.164
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.278
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.071
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.064
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.139
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.120
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.031
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.100
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.120
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.110
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.048
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.037
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.036
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.099
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.118
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.038
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.090
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.022
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.006
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.003
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.069
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.064
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.005
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.005
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.003
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.389
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.449
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.108
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.109
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.113
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.106

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.131
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.108
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.302
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.278
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.224
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.024
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.025
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.010
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.146
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.109
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.007
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.101
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.015
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.021
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.026
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.026
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.181
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.170
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.023
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.251
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.069
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.033
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.076
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.214
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.139
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.035
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.030
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.030
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.020
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.445
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.877
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1.388
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1.368
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.209
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.053

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.742
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.103
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	2.391
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	1.493
18214	Crackers, cheese, regular	14.2	0.5 oz	0.102
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.014
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.006
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.021
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.056
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.003
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.080
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.060
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.011
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.238
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.129
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.247
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.325
18235	Crackers, whole-wheat	28.0	1.0 serving	0.233
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.114
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.009
01069	Cream substitute, powdered	94.0	1.0 cup	0.018
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.012
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.146
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.019
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.008
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.036
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.007
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.011
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.072
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.001
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.005
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.000
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.002
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.864
36027	DENNY'S, chicken strips	194.0	1.0 serving	1.490

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.997
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	1.270
36610	DENNY'S, french fries	165.0	1.0 serving	1.251
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.133
36030	DENNY'S, hash browns	124.0	1.0 serving	0.773
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.414
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.195
36031	DENNY'S, onion rings	166.0	1.0 serving	1.892
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.458
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.036
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.274
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.245
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.172
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.322
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.302
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.193
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.329
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.183
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.069
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.069
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.057
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.093
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.020
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.199
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.317
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.309
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.192
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.211
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.287
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.310
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.226
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.358
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.325
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.096
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.047

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.056
01225	Dulce de Leche	19.0	1.0 tbsp	0.010
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.555
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.012
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.235
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.000
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.145
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.018
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.009
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.009
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.121
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.026
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.024
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.024
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.014
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.025
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.009
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.013
21142	Fast food, biscuit	55.0	1.0 biscuit	0.108
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.187
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.176
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.352
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.264
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.188
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.205
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.353
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.248
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.219
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.381
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.318
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.265
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.299
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.251
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.620

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.487
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.174
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	1.392
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.174
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.213
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.516
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.156
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.140
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.114
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.368
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.063
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.374
21127	Fast foods, coleslaw	191.0	1.0 cup	0.533
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.755
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.609
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.313
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.144
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	1.076
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.823
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.094
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.087
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.025
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.079
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.066
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.448
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	1.178
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.679
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.094
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.124
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.032
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.494
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.699
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.675
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.289
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.421

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.024
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.817
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.226
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.149
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.204
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.114
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.201
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.131
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.120
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.135
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	0.139
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.640
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.155
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.277
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.115
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.160
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.150
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.070
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.046
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.000
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.001
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.000
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.135
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.005
15033	Fish, haddock, raw	85.0	3.0 oz	0.002
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.009
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.004
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.000
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.001
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.000
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.009
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.000
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.003
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.126

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.041
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.033
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.041
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.038
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.046
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.013
15110	Fish, swordfish, raw	85.0	3.0 oz	0.024
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.039
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.038
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.073
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.047
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.001
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.001
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.060
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.017
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.019
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.037
07024	Frankfurter, chicken	85.0	3.0 oz	0.277
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.127
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.122
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.121
07025	Frankfurter, turkey	28.35	1.0 oz	0.055
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.993
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.009
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.003
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.044
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.054
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.046
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.043
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.047
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.078
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.004
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.001
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.021
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.023

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.026
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.026
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.008
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.011
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.013
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.002
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.182
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.162
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.140
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.149
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.148
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.034
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.112
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.029
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.026
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.019
05305	Ground turkey, raw	453.6	1.0 lb	0.467
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.002
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.213
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.323
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.015
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.130
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.234
21419	KFC, biscuit	49.0	1.0 biscuit	0.058
21420	KFC, Coleslaw	112.0	1.0 package	0.634
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.151
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.591
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.091
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.226
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.032
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.520
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.079
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.261
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.077
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.128

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.132
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.029
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.093
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.099
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.037
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.209
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.040
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.206
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.035
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	0.281
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.448
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.142
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.083
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.075
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	0.125
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	0.166
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	0.095
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	0.070
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	0.115
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	0.122
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	0.097
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.064
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	0.203
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	0.152
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	0.080

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.060
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	0.179
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	0.096
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	0.142
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	0.094
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	0.201
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	0.079
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.076
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.092
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.074
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.084
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.000
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.000
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.161
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.102
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.081
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.088
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.273
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.325
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.130
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.140
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.147
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.084
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.075
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.116
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.132
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.128
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.108

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.141
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.150
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.090
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.070
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.066
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.056
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.117
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.171
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.068
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.075
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.145
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.155
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.250
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.306
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.133
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.131
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.187
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.254
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.081
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.093
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.064
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.069
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.063
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.067
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.218
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.221
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.174
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.129
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.200
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.234
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.113
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.105
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.117

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.141
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.096
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.114
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.170
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.223
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.113
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.130
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.235
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.245
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.171
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.108
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.202
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.294
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.099
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.161
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.055
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.046
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.092
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.134
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.090
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.154
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.008
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.002
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.242
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.314
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.141
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.097
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.096
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.097
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.031
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.032
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.146
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.150

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.001
09152	Lemon juice, raw	244.0	1.0 cup	0.022
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.187
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.181
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.138
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.171
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.142
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.184
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.433
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.376
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.200
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.297
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.274
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.865
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.044
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.338
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.410
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.290
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.274
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.274
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.664
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.655
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.069
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.277
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.156
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.334
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.474
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.372
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.250
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.245
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.378
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.374
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.374

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.261
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.007
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.261
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.000
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.021
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.189
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1.391
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.184
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.144
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.823
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.271
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.127
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.218
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.120
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.478
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.003
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.563
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.000
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.609
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.448
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.251
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.265
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.414
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.018
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.164
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.139
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.000
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.000
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.015
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.010
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.010
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.020
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.020
20647	Millet flour	119.0	1.0 cup	0.052

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.013
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.139
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.001
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.290
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.000
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.000
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.000
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.000
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.000
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.019
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.042
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.039
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.022
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.022
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.906
12061	Nuts, almonds	143.0	1.0 cup, whole	0.004
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.008
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.008
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.024
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.000
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	2.662
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.118
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.107
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.023
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.110
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.110
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.151
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.261
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.261
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	3.346
04582	Oil, canola	14.0	1.0 tbsp	1.279
04047	Oil, coconut	13.6	1.0 tbsp	0.003
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.873
42289	Oil, corn and canola	14.0	1.0 tbsp	0.812
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.158

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	7.258
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	6.703
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.140
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.862
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.870
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.308
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.005
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.028
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.522
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.022
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.236
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.264
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.013
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.375
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.940
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.144
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.013
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.923
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.290
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.300
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.672
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.245
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.199
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.550
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.482
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.404
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.266
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.305
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.178
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.379
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.001
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.045
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.045

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.051
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.133
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.001
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.195
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.215
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.005
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.048
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.033
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.035
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.038
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.030
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.030
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.030
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.033
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.030
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.022
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.022
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.024
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.018
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.053
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.048
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.045
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.056
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.042
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.064
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.140
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.468
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.009
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.009
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.007
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.037
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.022
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.019
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.023
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.139

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.010
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.045
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.263
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.259
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.293
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.300
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.022
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.213
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.013
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.188
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.304
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.122
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.182
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.343
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.193
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.173
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.392
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.176
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.192
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.200
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.392
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.213
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.214
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.435
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.241
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.299
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.073
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.230
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.170
09446	Plantains, green, fried	118.0	1.0 cup	0.250
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.368
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.241
21416	POPEYES, Coleslaw	120.0	1.0 package	0.042
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.044
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.071

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21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.015
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.050
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.008
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.003
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.004
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.115
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.088
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.062
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.038
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.086
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.057
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.091
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.066
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.031
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.405
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.017
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.016
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.018
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.026
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.066
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.008
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.009
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.008
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.013
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.005
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.017
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.009
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.014
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.021
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.008
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.016
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.017
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.005

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.015
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.014
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.012
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.013
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.033
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.033
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.026
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.007
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.026
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.019
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.018
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.014
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.014
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.008
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.010
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.007
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.014
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.012
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.019
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.007
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.003
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.009
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.014
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.014
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.004
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.047
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.022
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.007
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.229
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.339
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.025
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.007
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.040
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.025

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10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.022
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.111
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.083
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.041
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.308
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.089
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	0.007
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.013
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.034
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.025
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.011
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.006
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.107
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.023
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.025
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.013
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.070
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.079
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.029
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.012
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.060
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.021
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.045
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.014
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.056
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.055
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.085
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.028
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.025
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.027
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.071
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.041
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.047

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.030
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.063
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.043
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.062
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.039
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.029
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)	0.039
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.028
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.012
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.062
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.060
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.017
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.008
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.060
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.031
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)	0.052
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.015
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.071
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)	0.068
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.065
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.027
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.026
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.028
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.070
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.037
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.055
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.038
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.073
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)	0.072
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)	0.051

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) 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)	0.050
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.021
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.039
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.014
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.018
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.007
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.064
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.037
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.034
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.006
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.019
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.012
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.049
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)	0.031
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.031
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.020
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.014
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.014
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.013
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.012
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.011
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.007
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.010
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.059
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.057
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.061
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.027
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.046
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.109
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.022
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.029
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.030
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.009

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.021
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.028
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.010
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.031
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.033
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.017
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.011
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.118
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.160
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.065
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.052
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.065
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	0.046
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.041
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.016
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.037
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.015
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.092
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.083
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.065
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.019
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.106
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.069
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.028
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.008
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.054
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.012
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.014
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.006
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.237
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.172
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.100

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.122
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.101
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.022
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.021
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.031
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.011
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.005
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.013
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.049
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.012
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.010
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.012
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.013
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.263
22971	Potato salad with egg	125.0	0.5 cup	0.788
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.169
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.017
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.012
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.016
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.013
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.012
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.006
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.005
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.026
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.028
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.554
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.933
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.014
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.195
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.001
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.009
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.000
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.000
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.070
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.051
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.031
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.353
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.402
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.402
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.426
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	1.515
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1.781
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.773
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.566
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.152
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	4.494
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1.474
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	4.130
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	4.011
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	4.234
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.533
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	5.443
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	4.781
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	1.002
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	1.045
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.105
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1.276
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.048
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.904
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1.259
36014	Restaurant, family style, french fries	170.0	1.0 serving	1.346
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.318
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.586
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.326
36036	Restaurant, family style, onion rings	259.0	1.0 serving	2.792
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1.545
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.050
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.109

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	0.235
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.653
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.251
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.194
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.382
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.064
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	1.102
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	1.626
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.328
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.108
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.531
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.471
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.162
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.268
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.415
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.109
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.106
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.169
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.141
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.046
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.600
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.320
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.607
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.586
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.225
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.276
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.259
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.312
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.010
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.343
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.022
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.059
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.012

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.012
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.002
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.063
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.011
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.015
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.765
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.091
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.094
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.077
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.194
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.009
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.339
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.079
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.066
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.211
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.200
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.228
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.446
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.736
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.011
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.079
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.491
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.015
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.017
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.036
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.037
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.048
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.144
06150	Sauce, barbecue	17.0	1.0 tbsp	0.004
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.009
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.003
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.002
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.016
27066	Sauce, horseradish	5.6	1.0 tsp	0.191
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.015

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.108
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.001
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.005
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.799
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	1.422
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.721
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.799
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	1.066
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.231
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.176
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.015
12006	Seeds, chia seeds, dried	28.35	1.0 oz	5.055
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	2.605
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.155
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.131
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.131
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.008
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.008
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.103
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.103
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.208
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.338
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.241
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.115
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.014
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.017
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.074
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.141
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.085
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.026
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.133
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.026
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.028
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.022

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.016
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.005
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.080
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.110
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.012
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.012
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.095
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.018
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.074
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.065
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.067
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.016
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.074
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.046
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.000
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.026
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.017
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.415
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.017
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.070
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.067
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.045
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.045
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.045
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.000
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.000
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.000
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.000
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.009