USDA National Nutrient Database for Standard ReferenceRelease 27

Nutrients: Thiamin (mg)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: December 19, 2014 22:15 EST

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09002	Acerola juice, raw	242.0	1.0 cup	0.048
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.020
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.001
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.001
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.004
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.002
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.002
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.002
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.002
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.002
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.002
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.001
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.002
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.003
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.001
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.001
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.006
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.009
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.000
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.012
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.003
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.003
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.001
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.000
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.005
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.005

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.000
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	0.007
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.001
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.001
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.001
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.001
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.025
20002	Amaranth grain, cooked	246.0	1.0 cup	0.037
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.224
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.026
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.026
11003	Amaranth leaves, raw	28.0	1.0 cup	0.008
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.000
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.052
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.007
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.052
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.007
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.007
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.023
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.023
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.078
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.215
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.035
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.050
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.023
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.374
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.185
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.132
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.169
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.128
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.023
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.018
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.018
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.015
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.028
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.017

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.015
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.000
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.029
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.022
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.014
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.019
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.020
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.021
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.016
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.021
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.021
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.027
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.029
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.033
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.042
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.063
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.063
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.023
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.023
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.039
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.049
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.052
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.049
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.046
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.044
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.040
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.051
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.045
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.032
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.051
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.014
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.012
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.020
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.048
09021	Apricots, raw	155.0	1.0 cup, halves	0.046
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	0.060

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.004
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.070
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	0.062
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0.062
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.073
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.076
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.078
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.075
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.073
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.081
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.068
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	0.050
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	0.085
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	0.102
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	0.085
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0.065
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.017
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.017
11005	Arrowhead, raw	25.0	1.0 large	0.042
20003	Arrowroot flour	128.0	1.0 cup	0.001
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.172
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.060
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.060
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.104
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.104
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.049
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.092
11959	Arugula, raw	2.0	1.0 leaf	0.001
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.148
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.066
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.066
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.146
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.146
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.117
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.117
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.070

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11011	Asparagus, raw	134.0	1.0 cup	0.192
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	0.156
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.158
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.164
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	0.152
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	0.160
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.164
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	0.160
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	0.168
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.158
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	0.160
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.151
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.100
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.172
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.048
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	0.175
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.234
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.003
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.000
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.009
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.003
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.014
42284	Babyfood, baked product, finger snacks cereal	1.7	1.0 cookie	0.024
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.003
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.009
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.003
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.028
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.008
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.003
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.006
03181	Babyfood, cereal, barley, dry	2.4	1.0 tbsp	0.066
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.069
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.034
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.014
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.133
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.091

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03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	0.186
03185	Babyfood, cereal, mixed, dry	2.5	1.0 tbsp	0.061
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.087
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.081
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.079
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.094
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.089
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	0.127
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	0.090
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.143
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.071
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.119
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.090
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.089
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.067
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	0.138
43544	Babyfood, cereal, rice with pears and apple, dry, instant	15.0	1.0 serving	0.240
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	0.066
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.069
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.042
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.099
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.194
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.135
03210	Babyfood, cereal, rice, with mixed fruit, junior	15.0	1.0 tbsp	0.020
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	0.225
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.002
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.003
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.003
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.003
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.035
03213	Babyfood, cookies	28.35	1.0 oz	0.414
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.141
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.005
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.002
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.002
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.000
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.002
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.002
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.027
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.027
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.003
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.003
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.003
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.002
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.011
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.006
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.002
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.001
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.002
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.002
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.002
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.003
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.006
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.005
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.020
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.004
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.006
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.004
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.034
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.006
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.006
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.002
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.005
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.007
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.019
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.005
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.016
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.011
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.008
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.006
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.010

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03279	Babyfood, dinner, mixed vegetable, junior	28.35	1.0 oz	0.004
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.004
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.068
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.014
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.008
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.018
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.003
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.005
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.004
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.020
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.082
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.020
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.020
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.064
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.011
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.014
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.082
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.090
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.006
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.046
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.007
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.005
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.056
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.051
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.082
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.012
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.009
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.011
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.003
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.002
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.005
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.005
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.003
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.004
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.002
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.003
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.003
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.006
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.006
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.002
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.002
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.002
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.001
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.001
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.049
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.002
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.003
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.002
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.002
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.002
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.003
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.003
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.003
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.003
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.004
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.003
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.002
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.002
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.001
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.001
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.006
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.003
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.004
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.003
44074	Babyfood, grape juice, no sugar, canned	31.2	1.0 fl oz	0.003
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.004
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.006
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.004
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.002
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.003
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.002

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.002
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.002
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.006
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.002
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.003
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.038
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.003
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.007
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.014
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.012
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.013
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.018
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.016
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.016
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.018
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.003
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.014
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.045
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.051
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.036
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.004
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.002
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.002
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.002
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.002
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.040
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.021
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.005
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.004
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.006
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.041
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.001
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.002
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.001
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.004
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.013

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.003
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	0.175
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	5.3	1.0 tbsp	0.040
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.003
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.003
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.230
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.028
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.011
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.033
03215	Babyfood, pretzels	28.35	1.0 oz	0.131
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.003
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.019
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.032
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.004
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.008
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.012
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.066
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.115
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.068
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.045
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.025
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.054
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.052
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.031
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.015
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.017
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.050
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.062
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.029
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.006
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.014
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.036
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.005
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.005
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.063
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.058

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	0.015
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron	16.0	1.0 tbsp	0.008
07921	Bacon and beef sticks	28.0	1.0 oz	0.168
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.042
16104	Bacon, meatless	144.0	1.0 cup	6.336
18968	Bagel, wheat	98.0	1.0 bagel	0.395
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.100
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.079
18003	Bagels, egg	28.35	1.0 oz	0.152
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.086
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.562
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.153
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	0.144
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.046
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.046
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.011
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.014
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.043
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.085
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.085
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.007
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.063
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.063
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.037
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.034
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.024
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.024
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.226
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.180
09040	Bananas, raw	225.0	1.0 cup, mashed	0.070
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	0.081
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.102
20130	Barley flour or meal	148.0	1.0 cup	0.548
20131	Barley malt flour	162.0	1.0 cup	0.501
20004	Barley, hulled	184.0	1.0 cup	1.189
20006	Barley, pearled, cooked	157.0	1.0 cup	0.130

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20005	Barley, pearled, raw	200.0	1.0 cup	0.382
02044	Basil, fresh	2.5	5.0 leaves	0.001
42182	Bean beverage	230.0	1.0 cup	0.345
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.264
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.299
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.264
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.896
16004	Beans, adzuki, yokan, mature seeds	14.0	1.0 slice	0.001
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.379
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.244
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.138
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.150
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.134
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.082
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.128
16005	Beans, baked, home prepared	253.0	1.0 cup	0.344
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.336
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.416
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.416
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.656
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.336
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.420
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.420
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.746
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.101
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.101
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.372
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.372
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.457
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.168
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.230
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.230
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.984
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.375
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.375
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.280

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.280
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.195
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.297
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.283
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.283
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.973
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.228
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.228
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.973
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.681
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.095
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.271
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.283
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.283
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.119
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.168
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.168
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.718
11033	Beans, lima, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.036
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.240
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	0.271
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.038
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.369
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.431
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.431
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.612
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.406
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.434
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.434
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.621
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.144
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.258
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.258
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.320
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.084
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.125

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.125
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.330
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.330
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.376
16145	Beans, red, kidney, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.178
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.078
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.422
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.422
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.597
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.028
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	0.036
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.024
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.030
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.022
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.092
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.092
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.081
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.119
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.047
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.047
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.090
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.082
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.023
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.030
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.023
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.030
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.092
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.092
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.120
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.047
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.047
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.084
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.252
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.211
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.211
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.883

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.331
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.331
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.352
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	0.021
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.027
14114	Beef broth and tomato juice, canned	30.5	1.0 fl oz	0.000
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.312
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.528
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.021
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.013
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.143
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.083
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.054
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.047
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.065
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.063
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.055
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.060
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.050
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.066
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.061
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.067
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.057
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.052
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.054
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.050
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.055
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.046
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.051
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.054

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.060
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.057
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.055
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.061
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.019
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.022
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.019
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.020
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.051
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.028
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.023
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.023
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	0.056
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.056
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.056
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
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	0.061
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	0.056
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	0.065
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	0.052
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	0.057
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	0.060
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	0.064
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	0.055
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	0.068
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.051
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	0.060
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.056
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.063
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.056
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.056
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.060
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.060
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.064
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.068
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.060
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.068
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.068
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.050
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.054
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.052
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.048
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.018
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.055
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.057
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.020
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.020
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.021
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.024
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.028
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.060
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.028
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.068
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.073
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0.070
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0.078
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.076
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0.074
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0.080
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.076
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.034
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz (1 serving)	0.064
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.117

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.124
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.111
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.120
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.127
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.113
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.094
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.094
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	0.095
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.094
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.094
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.095
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.076
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.066
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.076
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.066
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.077
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.066
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.085
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.085
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.085
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
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	0.025
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.036
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.024

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.034
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.024
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.039
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)	0.064
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	0.067
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)	0.058
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	0.061
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	0.156
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	0.079
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)	0.062
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.084
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)	0.060
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.067
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)	0.067
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.119
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.103
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.094
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.117
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.105
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.095
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.120
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	0.076
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	0.068
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	0.076

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
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	0.076
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	0.067
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	0.076
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	0.068
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	0.076
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
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	0.076
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
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	0.067
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	0.067
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	0.067
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	0.068
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
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	0.056
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.056
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.056
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.059
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.061

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.062
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.068
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.068
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.068
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.076
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.028
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.076
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
13802	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked	85.0	3.0 oz	0.076
13801	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.026
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.076
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.028
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.076
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.076
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.076
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.163
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.031
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.041
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.022
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.012
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.006
13350	Beef, cured, dried	28.0	10.0 slices	0.018
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.041
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.037
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.022
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.023
13360	Beef, cured, thin-sliced beef	28.35	1.0 oz	0.023
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.064
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.119
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.059
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.016
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.069
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.065

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.119
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.063
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.017
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.068
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.061
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.042
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.044
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.040
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.043
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.037
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.043
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.050
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.039
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.040
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.042
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.050
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.038
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.037
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.049
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.037
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.034
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.039
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.036
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.037
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.031
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.047
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.036
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.030
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	0.046

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.036
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.029
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.036
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.046
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.035
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.027
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.035
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.046
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.037
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.026
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.037
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.062
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.109
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.052
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.050
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.054
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.059
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.055
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.063
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.053
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.052
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.060
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.045
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.060
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.065
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.048
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	0.054
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	0.047
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	0.052
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.044
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	0.057
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.050
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	0.060
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.048
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.057
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.065
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.051
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	0.049
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	0.044
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	0.048
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	0.042
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	0.053
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	0.048
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	0.053
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	0.048
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	0.051
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.045
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	0.056
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.051
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.076
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.066

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.063
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.063
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.071
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.063
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.071
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.068
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.123
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.057
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.064
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.057
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.050
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.069
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.058
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.086
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.088
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.078
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.058
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.057
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.033
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	113.0	4.0 oz	0.058
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.031
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	113.0	4.0 oz	0.054
23448	Beef, New Zealand, imported, brisket naval end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.030
23449	Beef, New Zealand, imported, brisket naval end, separable lean and fat, raw	113.0	4.0 oz	0.063
23399	Beef, New Zealand, imported, brisket naval end, separable lean only, cooked, braised	85.0	3.0 oz	0.014
23401	Beef, New Zealand, imported, brisket naval end, separable lean only, raw	113.0	4.0 oz	0.038
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.017
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	113.0	4.0 oz	0.046
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.013

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	113.0	4.0 oz	0.040
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.026
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	113.0	4.0 oz	0.066
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.024
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.056
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	113.0	4.0 oz	0.079
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.057
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	113.0	4.0 oz	0.080
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.035
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.044
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.035
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.042
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.019
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.040
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.018
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.036
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.022
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.052
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.020
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.051
23414	Beef, New Zealand, imported, heart, cooked, boiled	85.0	3.0 oz	0.201
23415	Beef, New Zealand, imported, heart, raw	113.0	4.0 oz	0.285
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.018
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.045
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.016
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.041
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.066
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.039
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.068
23421	Beef, New Zealand, imported, kidney, cooked, boiled	85.0	3.0 oz	0.343
23423	Beef, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.632
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.049
23424	Beef, New Zealand, imported, liver, cooked, boiled	85.0	3.0 oz	0.320
23425	Beef, New Zealand, imported, liver, raw	113.0	4.0 oz	0.419
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.036
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.062

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.020
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.064
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.020
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.061
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.022
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.034
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.069
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	0.069
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.075
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.046
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.071
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.045
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.054
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.054
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.149
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.065
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.098
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.049
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.062
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.049
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.061
23442	Beef, New Zealand, imported, tongue, cooked, boiled	85.0	3.0 oz	0.050
23443	Beef, New Zealand, imported, tongue, raw	113.0	4.0 oz	0.073
23444	Beef, New Zealand, imported, tripe uncooked, cooked, boiled	85.0	3.0 oz	0.019
23445	Beef, New Zealand, imported, tripe uncooked, raw	113.0	4.0 oz	0.058
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.071
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.047
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.075
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.045
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.066
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.049
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.072
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.049
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.047

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.068
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.051
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.104
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.088
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.107
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.088
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.099
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.089
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.106
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.094
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.110
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.094
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.102
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.076
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.078
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.098
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.101
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.009
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.009
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	0.071
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	0.082
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	0.060
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	0.081
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	0.094
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	0.068
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	0.068
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	0.074
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	0.061
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	0.076
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.068
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	0.075
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	0.072
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	0.078

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
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	0.089
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	0.085
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	0.094
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.063
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.084
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.062
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.093
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.064
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.075
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.068
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.098
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.068
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.110
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.068
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.085
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	0.060
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	0.060
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	0.060
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	0.068
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.068
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.068
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	0.071
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	0.071
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	0.071
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	0.085
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	0.085
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	0.085
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	0.082
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	0.091
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	0.073
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	0.098
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.110
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.085
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.063
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.069
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.079
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.074
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.063
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.086
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.093
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.088
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.098
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.077
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.072
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.056
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.023
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.065
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.026
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.060
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.060
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.060
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.060
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.060
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.060
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.060
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.060
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.076
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.042
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.079
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.027
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.063
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.076
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.060
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.051
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.017
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.052
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.051
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.014
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.076
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.051
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.067
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.051
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.060
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.068
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.085
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.025
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.021
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.068
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.060
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.060
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.068
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.060
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.068
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.062
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.071
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.059
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.070
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.067
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.123
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.078
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.079
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.119
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.048
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.055
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.076
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.019
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.058
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.054
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.060
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.052
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.046
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.057
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.054
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.018
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.016
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.065
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.058
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.074

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.064
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.058
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.070
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.071
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.065
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.059
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.071
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.022
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.020
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.023
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	0.068
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.068
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.068
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.068
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
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	0.070
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.070
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.070
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.070
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.070
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.070
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.055
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.024
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.050
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.024
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.060
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.025
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.019
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.018
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.027
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.020
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.085
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.028
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.085
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.088
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.046
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.062
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.057
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.057
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.068
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)	0.056
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.056
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.094
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.050
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)	0.055
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)	0.056
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.062

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
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)	0.049
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
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)	0.069
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.053
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.069
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.048
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.065
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.057
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.072
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.076
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.053
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.071
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.049
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.074
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.056
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.075
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.031
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.031
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.066
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.066
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.066
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.067
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.067
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.067
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.075
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.075
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.075
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.076
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.060
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.060
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.094
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.028
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.060
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.060
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.102
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.025
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.054
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.024
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.102
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.065
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.020
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.079
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.019
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.027
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.022
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.027

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.033
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.119
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.084
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.085
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.083
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.048
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.042
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.046
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.041
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.051
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.045
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.050
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.094
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.094
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.046
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.094
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.043
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0.049
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	0.046
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	0.048
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.043
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	0.052
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.049
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.086
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.085
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	0.087
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	0.047
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.042
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.045
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.040
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.049
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.044
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.094

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.060
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.068
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.054
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.055
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.076
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.022
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.054
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.024
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.066
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.076
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.076
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.067
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.067
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.067
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.068
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.068
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.068
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0.076
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	0.084
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0.076
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.068
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	0.085
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.081
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.067
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.084
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.081

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.068
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.068
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.085
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.076
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.076
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.034
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.061
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.052
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.092
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.044
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.094
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.092
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0.103
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.022
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.019
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.022
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.024
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.021
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.105
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.103
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.119
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.105
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.104
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.115
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.065
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.065
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.072
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.064
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.064
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.069
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.076
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.075

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.133
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.068
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.053
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.071
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.067
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.061
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.073
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.062
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.054
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.057
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.102
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.015
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.067
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.063
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.071
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.075
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.019
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.020
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.017
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.024
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.021
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.110
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.059
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.026
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.086
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.067
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.136
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.101
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.132
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.143
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.161
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.030
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.013
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.153
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.040
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.041
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.014
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.002
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.071
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.031
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.019
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.035
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.000
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.000
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.127
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.138
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.138
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.168
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.168
11086	Beet greens, raw	38.0	1.0 cup	0.038
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.016
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.025
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.025
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.023
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.023
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.025
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.023
11080	Beets, raw	136.0	1.0 cup	0.042
14638	Beverage, Horchata, as served in restaurant	228.0	1.0 cup	0.000
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.002
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.063
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.084
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.008
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.044
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.278
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.381
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.401

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14531	Beverages, alcoholic , whiskey sour	30.4	1.0 fl oz	0.003
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.053
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.036
14083	Beverages, Chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.238
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.165
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.003
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.040
14090	Beverages, Coconut water, ready-to-drink	245.0	1.0 cup	0.074
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.551
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.000
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	0.000
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.000
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	0.000
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	0.378
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000
14070	Beverages, Green tea, LIPTON, brewed from bags	252.0	1.0 cup	0.018
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	0.000
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.474
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.000
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.341
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	0.374
14080	Beverages, NESTLE, Ovaltine, rich chocolate, powder	11.0	2.0 tbsp	0.150
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.214
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.008
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.151
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.000
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	1.064
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.286
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.003
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.026
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.130
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.195
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.502
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	0.390
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.375
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.502
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.002
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.000
14075	Beverages, water, bottled, naturally sparkling (carbonated), mineral	240.0	8.0 fl oz	0.000
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants	240.0	8.0 fl oz	0.000
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0.750
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.111
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.690
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.099
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.121
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.101
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.227
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.228
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.260
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.118
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.118
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.120
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.069
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.044
09042	Blackberries, raw	144.0	1.0 cup	0.029
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.094
09043	Blackberry juice, canned	250.0	1.0 cup	0.030
07005	Blood sausage	100.0	4.0 slices	0.070
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.087
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.112
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.037
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.046
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.050
09050	Blueberries, raw	148.0	1.0 cup	0.055

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.105
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.042
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.176
07007	Bologna, beef	30.0	1.0 slice	0.009
07008	Bologna, beef and pork	100.0	3.527 oz	0.217
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.235
42161	Bologna, beef, low fat	28.0	1.0 slice	0.014
07960	Bologna, chicken, pork	28.0	1.0 serving	0.018
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.021
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.012
07971	Bologna, meat and poultry	33.0	1.0 slice	0.016
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.146
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.089
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.043
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.014
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.053
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.067
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.070
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.251
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.056
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.059
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.390
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.045
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.071
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.274
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.272
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.271
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.169
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.039
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.144
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.033
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.049
18021	Bread, boston brown, canned	28.35	1.0 oz	0.004
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.374
28285	Bread, chapati or roti, whole wheat, frozen	43.0	1.0 piece	0.194
18972	Bread, cheese	48.0	1.0 slice	0.208

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.121
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.097
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.013
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.082
18025	Bread, cracked-wheat	28.35	1.0 oz	0.101
18027	Bread, egg	28.35	1.0 oz	0.124
18028	Bread, egg, toasted	28.35	1.0 oz	0.109
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.201
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.121
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.084
18033	Bread, italian	28.35	1.0 oz	0.134
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.034
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	0.079
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	0.069
28307	Bread, naan (Indian bread), plain, commercially prepared, refrigerated	90.0	1.0 piece	0.702
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	0.187
18037	Bread, oat bran	28.35	1.0 oz	0.143
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.126
18039	Bread, oatmeal	28.35	1.0 oz	0.113
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.098
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.238
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	0.087
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.359
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.076
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.217
18971	Bread, potato	32.0	1.0 slice	0.060
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.039
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.102
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	0.090
18044	Bread, pumpernickel	28.35	1.0 oz	0.093
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.081
18047	Bread, raisin, enriched	28.35	1.0 oz	0.096
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	0.083
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.050
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.100
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.096

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.099
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.104
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.099
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.116
18059	Bread, rice bran	28.35	1.0 oz	0.185
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.161
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.666
18060	Bread, rye	28.35	1.0 oz	0.123
18061	Bread, rye, toasted	28.35	1.0 oz	0.108
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.011
18064	Bread, wheat	28.35	1.0 oz	0.118
18066	Bread, wheat bran	28.35	1.0 oz	0.113
18068	Bread, wheat germ	28.35	1.0 oz	0.105
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.094
18065	Bread, wheat, toasted	28.35	1.0 oz	0.124
18967	Bread, wheat, white wheat	28.0	1.0 slice	0.143
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.155
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.134
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.118
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.118
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.115
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.122
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.126
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.107
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.086
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.075
09059	Breadfruit, raw	220.0	1.0 cup	0.242
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.284
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.120
18459	Breakfast tart, low fat	52.0	1.0 tart	0.148
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.051
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.165
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.165
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.833
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.185
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.144

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.065
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.084
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.049
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.049
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.046
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.101
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.101
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.083
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.051
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.051
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.068
11090	Broccoli, raw	91.0	1.0 cup chopped	0.065
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.074
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.175
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.022
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.022
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.160
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.160
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.100
11098	Brussels sprouts, raw	88.0	1.0 cup	0.122
20008	Buckwheat	170.0	1.0 cup	0.172
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.500
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.067
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.367
20013	Bulgur, cooked	182.0	1.0 cup	0.104
20012	Bulgur, dry	140.0	1.0 cup	0.325
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.049
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.049
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.012
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.403
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.032
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.267
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.431
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.405
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.722
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1.065

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21249	BURGER KING, french fries	74.0	1.0 small serving	0.106
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.060
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.331
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.009
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.100
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.559
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.433
21141	BURGER KING, Vanilla Shake	25.0	1.0 fluid ounce	0.000
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.626
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.673
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.370
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.546
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.535
07269	BUTCHER BOY MEATS, INC., Turkey Franks	56.0	1.0 serving	0.032
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.000
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.001
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.001
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.000
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.000
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.019
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.007
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.054
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.054
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.028
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.052
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.052
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.030
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.018
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.018
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.046
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.046
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.000
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.051
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.005

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.054
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.016
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.016
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.057
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.074
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.074
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.049
18087	Cake mix, angelfood, dry	38.0	1.0 serving	0.000
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	0.099
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.029
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.046
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.116
18092	Cake, carrot, dry mix, pudding-type	28.35	1.0 oz	0.075
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.009
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.000
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	0.060
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.134
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.014
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.096
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.054
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	0.051
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.043
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.031
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.106
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.035
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.043
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.007
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.088
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.010
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	0.075
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.051
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	0.081
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.069
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.045
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	0.079
18419	Cake, white, dry mix, pudding-type, unenriched	28.35	1.0 oz	0.023

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.082
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.036
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.138
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.062
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.067
18453	Cake, yellow, dry mix, light	28.35	1.0 oz	0.049
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	0.087
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	0.099
18420	Cake, yellow, dry mix, regular, unenriched	28.35	1.0 oz	0.023
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.124
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.037
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.041
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	0.038
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.037
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.038
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.013
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	0.052
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.000
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.241
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.088
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.436
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.078
19070	Candies, butterscotch	28.35	1.0 oz	0.003
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.073
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.004
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.028
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.006
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	0.007
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.026
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.390
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.109
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.055
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.007
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.001
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.001

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.011
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.004
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.012
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.004
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.019
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.004
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.014
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.004
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	182.0	1.0 cup	0.000
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.011
19117	Candies, halavah, plain	28.35	1.0 oz	0.120
19107	Candies, hard	28.35	1.0 oz	0.001
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.008
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.028
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.055
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.027
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.016
19108	Candies, jellybeans	11.0	10.0 small	0.000
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.049
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.021
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.028
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.033
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.020
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.041
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.038
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.070
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.034
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.021
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.027
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.018
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.000
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.034
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.000
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.088
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.071

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.053
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.000
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.008
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.028
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.173
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.025
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.052
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.009
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.069
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.025
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.035
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.024
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.073
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.080
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.085
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.002
19147	Candies, peanut bar	28.35	1.0 oz	0.028
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.038
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.079
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.058
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.066
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.097
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.027
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.085
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.073
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.010
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.008
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.094
19154	Candies, sesame crunch	28.35	1.0 oz	0.126
19136	Candies, SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.008
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.020
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.000
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.002
19081	Candies, sweet chocolate	28.35	1.0 oz	0.006
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.011
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.004

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.001
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.022
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.010
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.053
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.054
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000
02054	Capers, canned	8.6	1.0 tbsp, drained	0.002
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.018
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0.000
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0.000
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0.000
14142	Carbonated beverage, grape soda	31.0	1.0 fl oz	0.000
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.001
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.001
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000
14150	Carbonated beverage, orange	31.0	1.0 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.000
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0.000
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.036
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.192
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.060
07270	CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed	71.0	1.0 package	0.064
07272	CARL BUDDIG, Smoked Sliced Beef	57.0	1.0 serving 2 oz	0.051
07271	CARL BUDDIG, Smoked Sliced Chicken, light and dark meat	57.0	1.0 serving 2 oz	0.040
07275	CARL BUDDIG, Smoked Sliced Ham	57.0	1.0 serving 2 oz	0.428

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07273	CARL BUDDIG, Smoked Sliced Turkey, light and dark meat	57.0	1.0 serving 2 oz	0.103
07274	CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed	57.0	1.0 serving 2 oz	0.051
16055	Carob flour	103.0	1.0 cup	0.055
14168	Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.001
14169	Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.108
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.193
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.349
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.524
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.483
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.377
11655	Carrot juice, canned	236.0	1.0 cup	0.217
11683	Carrot, dehydrated	74.0	1.0 cup	0.395
11960	Carrots, baby, raw	15.0	1.0 large	0.004
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.026
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.023
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.026
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.023
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.006
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.006
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.044
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.044
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.028
11124	Carrots, raw	128.0	1.0 cup chopped	0.084
11134	Cassava, raw	206.0	1.0 cup	0.179
11935	Catsup	17.0	1.0 tbsp	0.002
11949	Catsup, low sodium	17.0	1.0 tbsp	0.002
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.004
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.026
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.026
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.067
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.067
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.034
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.063
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.043
11965	Cauliflower, green, raw	64.0	1.0 cup	0.051
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.054

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.042
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.042
11141	Celeriac, raw	156.0	1.0 cup	0.078
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.064
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.034
11143	Celery, raw	101.0	1.0 cup chopped	0.021
11145	Celtuce, raw	8.0	1.0 leaf	0.004
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.220
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.030
08645	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, honey almond	49.0	0.75 cup (1 NLEA serving)	0.005
08646	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, maple pecan walnut	56.0	1.0 Cup (1 NLEA serving)	0.006
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.027
08684	Cereals ready-to-eat, CASCADIAN FARM, honey nut O's	30.0	1.0 cup (1 NLEA serving)	0.060
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0.000
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.397
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.390
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.396
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.387
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.744
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.308
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.361
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.390
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	0.372
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.385
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.264
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.378
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.363
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.372
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.361
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.375
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.375
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.416
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.361
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	0.384
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.765
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.378

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08667	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS Brownie Crunch	27.0	0.75 cup (1 NLEA serving)	0.375
08635	Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, 25% Reduced Sugar	24.0	0.75 cup (1 NLEA serving)	0.312
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.364
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.375
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.378
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.375
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.387
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	0.387
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.387
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.400
08597	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Frosted Shredded Wheat	60.0	1.0 cup (1 NLEA serving)	0.360
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.359
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.379
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.379
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.363
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.392
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.387
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.375
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.372
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.756
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.537
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.360
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.384
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.399
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.586
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.469
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	0.361
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	0.374
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.055
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.378
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.120
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.062
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.372
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.392
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.377
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.378

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.225
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1.484
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.384
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.376
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.756
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1.500
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.897
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.164
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.145
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.030
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.023
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	0.084
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.037
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	0.186
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.120
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.056
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	0.071
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.037
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.092
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.140
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.102
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	0.125
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.093
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.086
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.176
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.187
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	0.115
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	0.126
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.086
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.082
08605	Cereals ready-to-eat, KASHI, KASHI U	55.0	1.0 cup (1 NLEA serving)	0.060
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.197
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	0.371
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	0.371
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.375
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	1.499

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08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.704
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.375
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.438
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.375
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.375
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.375
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.377
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.525
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.374
08698	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS TREASURES, Strawberry	30.0	1.0 Cup (1 NLEA serving)	0.375
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.571
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.367
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0.375
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.375
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.375
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.375
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.378
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.372
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.374
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.374
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.374
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	1.500
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.444
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	0.371
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.584
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.375
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	1.500
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.524
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.525
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	0.522
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.520
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	0.524
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.524
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.525
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.376
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.525

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	0.375
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.375
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	0.375
08614	Cereals ready-to-eat, KELLOGG's CRUNCHY NUT Roasted Nut and Honey O's	27.0	0.75 cup (1 NLEA serving)	0.375
08611	Cereals ready-to-eat, KELLOGG's FIBERPLUS Cinnamon Oat Crunch	32.0	0.75 cup (1 NLEA serving)	0.525
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	0.375
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.374
08616	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Cinnamon Streusel	54.0	23.0 biscuits (1 NLEA serving)	0.373
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.375
08621	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle Mixed Berry	55.0	24.0 biscuits (1 NLEA serving)	0.374
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	0.374
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.377
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	0.375
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.375
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	0.375
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	0.375
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	0.524
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.524
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.525
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.374
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.374
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.375
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.525
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.525
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.465
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.378
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.450
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.300
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.423
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.399
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.464
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.378
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1.038
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.564
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.375
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.412

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.394
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.470
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.542
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.474
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.534
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	0.447
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.498
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.687
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.627
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.375
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.506
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.039
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.375
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.390
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.354
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.384
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.390
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.354
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.385
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.364
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.390
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.377
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.378
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.378
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.377
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.377
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.364
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.385
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.392
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.390
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	0.399
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.377
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.384
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	0.372
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.354
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.384

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.118
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.374
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	0.117
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.142
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.375
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	0.385
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0.666
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.197
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.436
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.416
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.416
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.575
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.413
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.425
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.283
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.393
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.202
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.431
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.252
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.050
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.045
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.059
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.176
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.167
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.382
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.420
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.193
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.137
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.442
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.438
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.410
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.062
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.096
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.142
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.413
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.410

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.456
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.255
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.676
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.525
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	1.367
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.375
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.364
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.188
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.176
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.276
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.373
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.824
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.575
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.675
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.374
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.473
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.312
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.221
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.221
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.123
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.240
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	1.148
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.013
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.240
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.173
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.173
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.229
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.230
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.135
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.244
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.201
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.227
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.251
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.154
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.559
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.176

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.138
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.053
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.302
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.111
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.294
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.302
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.007
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.080
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.092
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	0.296
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	0.296
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	0.296
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.438
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.402
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.427
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.472
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.420
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.402
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.460
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.125
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.608
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.337
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.403
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.372
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.430
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.178
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.373
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.178
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.207
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.564
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.313
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.226
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.250

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.213
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.224
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.218
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.224
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.238
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.299
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.330
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.314
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.402
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.306
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.343
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.308
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.330
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.330
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.478
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.394
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.340
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.330
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.333
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.388
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.202
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.246
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.244
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	0.220
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.265
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.136
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.216
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.216
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.331
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.458
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.192
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.605
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.024
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.027
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.028
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.169

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.169
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.376
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.060
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.060
11147	Chard, swiss, raw	36.0	1.0 cup	0.014
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.042
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.042
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.033
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.009
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.000
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.040
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.040
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.004
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.015
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.020
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.153
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.013
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.008
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.006
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.067
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.029
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.010
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.078
01004	Cheese, blue	28.35	1.0 oz	0.008
01005	Cheese, brick	132.0	1.0 cup, diced	0.018
01006	Cheese, brie	28.35	1.0 oz	0.020
01007	Cheese, camembert	28.35	1.0 oz	0.008
01008	Cheese, caraway	28.35	1.0 oz	0.009
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.036
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.003
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.004
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice 2/3 oz. slice	0.005
01010	Cheese, cheshire	28.35	1.0 oz	0.013
01011	Cheese, colby	132.0	1.0 cup, diced	0.020
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.031
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.037

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.024
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.023
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.023
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.011
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.023
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.033
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.011
01017	Cheese, cream	14.5	1.0 tbsp	0.003
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.007
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.006
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.037
01018	Cheese, edam	28.35	1.0 oz	0.010
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.231
01020	Cheese, fontina	132.0	1.0 cup, diced	0.028
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	0.051
01021	Cheese, gjetost	28.35	1.0 oz	0.089
01156	Cheese, goat, hard type	28.35	1.0 oz	0.040
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.020
01159	Cheese, goat, soft type	28.35	1.0 oz	0.020
01022	Cheese, gouda	28.35	1.0 oz	0.009
01023	Cheese, gruyere	28.35	1.0 oz	0.017
01024	Cheese, limburger	134.0	1.0 cup	0.107
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.016
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.028
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.006
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.009
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.026
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.028
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.024
01025	Cheese, monterey	132.0	1.0 cup, diced	0.020
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.026
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.078
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.025
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.026
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.023
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.005

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.034
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.005
01030	Cheese, muenster	132.0	1.0 cup, diced	0.017
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.011
01031	Cheese, neufchatel	28.35	1.0 oz	0.006
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.029
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.026
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.011
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.040
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.002
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.004
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.042
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.004
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.010
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.042
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.038
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.020
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.042
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.018
01035	Cheese, provolone	132.0	1.0 cup, diced	0.025
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.025
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.026
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.016
01038	Cheese, romano	28.35	1.0 oz	0.010
01039	Cheese, roquefort	28.35	1.0 oz	0.011
01040	Cheese, swiss	132.0	1.0 cup, diced	0.083
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.006
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.006
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.006
01041	Cheese, tilsit	28.35	1.0 oz	0.017
01229	Cheese, white, queso blanco	118.0	1.0 cup crumbled	0.057
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.008
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.034
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.250
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.162
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.042

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.042
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.041
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.040
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.041
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.068
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.046
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.055
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.045
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.053
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.053
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.039
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.055
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.070
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.037
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.023
19163	Chewing gum	3.0	1.0 stick	0.000
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.076
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.009
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.049
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.006
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.006
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.008
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.050
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.044
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.314
07017	Chicken roll, light meat	57.0	2.0 slices (1 serving)	0.024
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.005
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.028
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.083
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.091
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.064
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	85.0	3.0 oz	0.067
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.080
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.055

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.059
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.066
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.069
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.045
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.046
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.046
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.052
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.052
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.040
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.047
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.086
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.047
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.069
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.037
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.030
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.038
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	0.082
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.097
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.048
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.092
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.066
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.057
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.055
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.041
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.098
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	483.0	1.0 breast breast with skin and bone	0.217
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.059
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, raw	85.0	3.0 oz	0.058
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.079
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.084
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.094

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.117
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.099
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.104
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.067
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.055
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.052
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.130
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.102
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.077
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.084
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.089
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.097
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	85.0	3.0 oz	0.075
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.048
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
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)	0.098
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.033
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.070
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.110
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.036
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.046
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.141
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.207
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.110
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.059
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.076
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.076
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.062
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.046
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.077
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.050
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.074
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.128

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.059
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.047
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.037
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.068
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.102
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.091
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.059
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.060
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.096
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.075
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.052
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.054
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.041
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.098
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.074
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.088
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.064
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.051
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.119
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.062
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.097
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.069
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.003
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.198
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.032
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.010
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.015
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.062
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.036
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.121
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.046
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	149.0	1.0 thigh without skin (yield from 1 lb ready-to-cook chicken)	0.109
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.027
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.111
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.049
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.088
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.031
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.055
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.038
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.056
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.058
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.048
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.062
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.010
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.021
05311	Chicken, canned, no broth	28.0	1.0 oz	0.000
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.138
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.112
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.060
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.055
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.060
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.054
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.057
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.062
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.064
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.078
05687	Chicken, dark meat, drumstick, meat and skin, enhanced, braised	106.0	1.0 drumstick with skin	0.081

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05689	Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted	129.0	1.0 drumstick with skin	0.124
05688	Chicken, dark meat, drumstick, meat and skin, enhanced, raw,	143.0	1.0 drumstick with skin	0.127
05680	Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised	95.0	1.0 drumstick without skin	0.076
05679	Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted	91.0	1.0 drumstick without skin	0.093
05678	Chicken, dark meat, drumstick, meat only, enhanced, raw	143.0	1.0 drumstick with skin	0.140
05690	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised	85.0	3.0 oz	0.063
05692	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0.109
05691	Chicken, dark meat, thigh, meat and skin, enhanced, raw	85.0	3.0 oz	0.060
05681	Chicken, dark meat, thigh, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.068
05683	Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0.118
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	0.074
05335	Chicken, feet, boiled	28.35	1.0 oz	0.017
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.038
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.008
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.103
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.122
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.102
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.009
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.128
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.128
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.134
43128	Chicken, meatless	168.0	1.0 cup	0.104
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	1.660
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.092
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.087
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.088
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.081
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.107
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.085
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.065
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.048
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.050
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.048
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.087
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.059

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.014
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.015
05684	Chicken, skin (drumsticks and thighs), enhanced, cooked, braised	28.35	1.0 oz	0.014
05686	Chicken, skin (drumsticks and thighs), enhanced, cooked, roasted	28.35	1.0 oz	0.016
05685	Chicken, skin (drumsticks and thighs), enhanced, raw	28.35	1.0 oz	0.010
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.011
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.179
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.171
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.130
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.027
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.132
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.117
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.046
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.094
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.080
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.097
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.157
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.127
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.199
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.021
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.112
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.060
16157	Chickpea flour (besan)	92.0	1.0 cup	0.447
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.068
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.064
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.077
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.077
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.190
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.190
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.954
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.017
11154	Chicory roots, raw	60.0	1.0 root	0.024
11151	Chicory, witloof, raw	53.0	1.0 head	0.033
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0.080
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	0.079
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.070

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.046
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.046
16059	Chili with beans, canned	256.0	1.0 cup	0.123
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.046
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.074
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002
11156	Chives, raw	3.0	1.0 tbsp chopped	0.002
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	0.004
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.110
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.002
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.114
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.114
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.024
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.031
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.007
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.009
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.010
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.052
07019	Chorizo, pork and beef	28.35	1.0 oz	0.179
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.066
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.021
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.021
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.032
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.137
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.018
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.004
14187	Clam and tomato juice, canned	30.2	1.0 fl oz	0.006
09433	Clementines, raw	74.0	1.0 fruit	0.064
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.003
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.051
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.027
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.004
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.007
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.004
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.005
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.067

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.095
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	0.001
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.012
14421	Coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.070
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.002
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	0.004
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	0.000
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	0.000
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.000
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	0.000
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	0.000
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	0.000
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.000
14222	Coffee, instant, with chicory, powder	1.8	1.0 tsp, rounded	0.000
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	0.000
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	0.004
18103	Coffeecake, cheese	28.35	1.0 oz	0.030
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.059
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.038
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.082
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.047
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.023
18106	Coffeecake, fruit	28.35	1.0 oz	0.010
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.076
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.076
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.080
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.080
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.048
11161	Collards, raw	36.0	1.0 cup, chopped	0.019
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.105
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.093
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.041
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.035
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.099

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.087
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.072
28298	Cookies, brownies, commercially prepared, reduced fat	36.0	1.0 brownie 1 serving	0.064
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.047
18196	Cookies, brownies, dry mix, special dietary	28.35	1.0 oz	0.039
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.040
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.105
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.019
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.038
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.017
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.089
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.020
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.106
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.055
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.052
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.052
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.062
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.047
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.099
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.071
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.027
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.149
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.033
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.058
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.007
18170	Cookies, fig bars	28.35	1.0 oz	0.045
18171	Cookies, fortune	28.35	1.0 oz	0.052
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.064
18172	Cookies, gingersnaps	28.35	1.0 oz	0.057
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.073
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.075
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.159
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.081
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.081
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.026
18177	Cookies, molasses	28.35	1.0 oz	0.101

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.090
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.076
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.053
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.130
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.040
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.071
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.074
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.066
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.059
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.092
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.098
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.059
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.070
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.099
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.063
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.054
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.048
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.061
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.083
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.100
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.013
18202	Cookies, sugar wafers with creme filling, special dietary	28.35	1.0 oz	0.046
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.066
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.083
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.068
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.052
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.074
18213	Cookies, vanilla wafers, higher fat	28.35	1.0 oz	0.102
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.078
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.003
20015	Corn bran, crude	76.0	1.0 cup	0.008
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.110
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	0.093
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	1.682
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	1.682
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.254

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.011
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.288
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.288
20314	Corn grain, white	166.0	1.0 cup	0.639
20014	Corn grain, yellow	166.0	1.0 cup	0.639
11656	Corn pudding, home prepared	250.0	1.0 cup	0.172
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.050
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.074
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.064
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.064
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.086
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.086
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.025
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.067
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.067
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.080
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.080
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.137
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.137
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.137
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.287
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.287
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.170
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.146
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.038
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.064
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.064
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.022
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.038
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.086
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.086
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.025
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.083
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.083
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.050
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.113

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.287
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.287
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.170
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.050
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.225
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.117
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.000
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.865
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.865
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.220
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.220
20323	Cornmeal, self-rising, bolted, plain, enriched, white	122.0	1.0 cup	0.806
20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	122.0	1.0 cup	0.806
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	1.212
20024	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	170.0	1.0 cup	1.212
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	0.936
20025	Cornmeal, self-rising, degermed, enriched, yellow	138.0	1.0 cup	0.936
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.470
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.470
11190	Cornsalad, raw	56.0	1.0 cup	0.040
20027	Cornstarch	128.0	1.0 cup	0.000
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.099
20028	Couscous, dry	173.0	1.0 cup	0.282
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.167
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.167
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.442
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.442
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.392
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.160
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.277
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.277
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.136
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.151
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.182
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.345
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.345

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.425
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.136
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.136
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.127
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.085
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.085
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.141
09077	Crabapples, raw	110.0	1.0 cup slices	0.033
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.170
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.096
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.050
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.164
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.199
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.134
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.170
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.239
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.321
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.232
18236	Cracker meal	28.35	1.0 oz	0.197
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.081
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.326
18214	Crackers, cheese, regular	14.2	0.5 oz	0.080
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.198
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.078
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.090
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.092
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.035
18218	Crackers, matzo, egg	14.2	0.5 oz	0.112
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.079
18217	Crackers, matzo, plain	14.2	0.5 oz	0.055
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.052
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.059
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.059
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.067
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.060
18223	Crackers, milk	14.2	0.5 oz	0.076

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28292	Crackers, multigrain	14.0	4.0 crackers	0.073
18224	Crackers, rusk toast	14.2	0.5 oz	0.057
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.087
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.061
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.045
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.105
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.078
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.087
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.080
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.065
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.067
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.058
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.063
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.069
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.048
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.072
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.181
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.097
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.051
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.055
18235	Crackers, whole-wheat	28.0	1.0 serving	0.051
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.029
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.054
09079	Cranberries, dried, sweetened	40.0	0.33 cup	0.003
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.013
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.008
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.001
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.023
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.042
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.000
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.007
14240	Cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.002
14241	Cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.003
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.082

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.058
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.297
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.001
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.000
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.000
01069	Cream substitute, powdered	94.0	1.0 cup	0.000
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.000
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.011
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.026
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.010
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.029
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.016
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.004
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.005
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.022
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.002
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.002
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.002
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.081
11203	Cress, garden, raw	50.0	1.0 cup	0.040
18240	Croissants, apple	28.35	1.0 oz	0.066
18239	Croissants, butter	28.35	1.0 oz	0.110
18241	Croissants, cheese	28.35	1.0 oz	0.148
18242	Croutons, plain	14.2	0.5 oz	0.088
18243	Croutons, seasoned	14.2	0.5 oz	0.072
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.071
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.026
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.037
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.031
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.027
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.054
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.068
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.048

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.040
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.082
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.068
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.040
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.038
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.042
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.060
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.033
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.030
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.009
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.110
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	0.027
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.020
15149	Crustaceans, shrimp, mixed species, raw	6.0	1.0 medium	0.001
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.008
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.006
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.041
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.014
09083	Currants, european black, raw	112.0	1.0 cup	0.056
09084	Currants, red and white, raw	112.0	1.0 cup	0.045
09085	Currants, zante, dried	144.0	1.0 cup	0.230
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.024
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.024
01252	Dairy, Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	0.008
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.136
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.136
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.104
18245	Danish pastry, cheese	28.35	1.0 oz	0.054
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.085
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.051
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.075
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.018
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.018
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.062
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.018
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.076

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09421	Dates, medjool	24.0	1.0 date, pitted	0.012
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.092
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.169
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.025
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.135
36610	DENNY'S, french fries	165.0	1.0 serving	0.198
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.029
36030	DENNY'S, hash browns	124.0	1.0 serving	0.009
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.180
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.342
36031	DENNY'S, onion rings	166.0	1.0 serving	0.199
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.605
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.054
01070	Dessert topping, powdered	43.0	1.5 oz	0.000
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.022
01072	Dessert topping, pressurized	70.0	1.0 cup	0.000
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.000
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.117
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.054
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.049
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.364
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.001
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.000
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.553
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.172
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.166
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.489
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.273
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.207
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.347
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.229
02045	Dill weed, fresh	1.0	5.0 sprigs	0.001
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.003
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.004
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11616	Dock, raw	133.0	1.0 cup, chopped	0.053
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.346
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.042
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.401
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.204
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.350
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.087
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.443
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.376
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.070
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.477
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.013
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.156
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.046
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.066
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.051
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.088
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.252
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.096
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.088
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.392
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.013
14450	Drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.003
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.093
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.093
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.054
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.054
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.054
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.053
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.247
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.244
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.167
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.364
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.493
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.304
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.298

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01225	Dulce de Leche	19.0	1.0 tbsp	0.003
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.909
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.051
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.310
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.177
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.123
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.079
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.086
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.016
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.192
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.204
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.190
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.072
01144	Egg substitute, powder	9.9	0.35 oz	0.022
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.109
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.212
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.012
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.087
01173	Egg, white, dried	28.0	1.0 oz	0.001
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.010
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.040
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000
01124	Egg, white, raw, fresh	33.0	1.0 large	0.001
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.006
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.020
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.090
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.005
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.016
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.024
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.156
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.276
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.020
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.019
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.017
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.259
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.030

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.063
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.040
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.040
01057	Eggnog	254.0	1.0 cup	0.086
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.109
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.075
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.075
43146	Eggplant, pickled	136.0	1.0 cup	0.068
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.032
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.003
09088	Elderberries, raw	145.0	1.0 cup	0.102
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.298
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.227
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.208
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.366
05626	Emu, full rump, raw	85.0	3.0 oz	0.306
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.347
05621	Emu, ground, raw	117.0	1.0 patty	0.316
05628	Emu, inside drum, raw	85.0	3.0 oz	0.357
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.349
05630	Emu, outside drum, raw	85.0	3.0 oz	0.219
05631	Emu, oyster, raw	85.0	3.0 oz	0.230
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.276
11213	Endive, raw	25.0	0.5 cup, chopped	0.020
14625	Energy drink, AMP	240.0	1.0 serving	0.060
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	0.000
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.060
14627	Energy Drink, Monster	240.0	1.0 serving	0.000
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.062
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	0.064
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.000
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	0.060
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.062
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.008
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.122
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.106

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.135
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.125
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.153
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.051
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.051
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.117
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.147
18264	English muffins, wheat	28.35	1.0 oz	0.122
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.106
18266	English muffins, whole-wheat	28.35	1.0 oz	0.085
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.074
21046	Entrees, crab cake	60.0	1.0 cake	0.055
21047	Entrees, fish fillet, battered or breaded, and fried	91.0	1.0 fillet	0.099
11984	Epazote, raw	0.8	1.0 tbsp	0.000
11618	Eppaw, raw	100.0	1.0 cup	0.110
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.025
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	0.096
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.099
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	0.085
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.126
21142	Fast food, biscuit	55.0	1.0 biscuit	0.243
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.417
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.378
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.420
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.156
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.348
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.477
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.460
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.178
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.400
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.489
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.198
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.599
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.668
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.355
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.303

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.135
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.637
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.457
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.390
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.729
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.427
21027	Fast foods, brownie	60.0	1.0 brownie (2" square)	0.072
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.629
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.417
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.352
21062	Fast foods, burrito, with beans and chili peppers	204.0	2.0 pieces	0.449
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.513
21065	Fast foods, burrito, with beans, cheese, and chili peppers	336.0	2.0 pieces	0.538
21066	Fast foods, burrito, with beef	220.0	2.0 pieces	0.242
21067	Fast foods, burrito, with beef and chili peppers	201.0	2.0 pieces	0.402
21068	Fast foods, burrito, with beef, cheese, and chili peppers	304.0	2.0 pieces	0.608
21069	Fast foods, burrito, with fruit (apple or cherry)	155.0	1.0 burrito, large	0.356
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.358
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.361
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	0.356
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.902
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.349
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.403
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.276
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.358
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.570
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.473
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.237
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.367
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	0.338
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.533
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.381
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.406
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.415
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.267
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.369

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21102	Fast foods, chicken fillet sandwich, plain	182.0	1.0 sandwich	0.328
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.033
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.088
21035	Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)	148.0	2.0 pieces	0.133
21036	Fast foods, chicken, breaded and fried, light meat (breast or wing)	163.0	2.0 pieces	0.147
21042	Fast foods, chili con carne	253.0	1.0 cup (8 fl oz)	0.126
21070	Fast foods, chimichanga, with beef	174.0	1.0 chimichanga	0.487
21071	Fast foods, chimichanga, with beef and cheese	183.0	1.0 chimichanga	0.384
21072	Fast foods, chimichanga, with beef and red chili peppers	190.0	1.0 chimichanga	0.285
21073	Fast foods, chimichanga, with beef, cheese, and red chili peppers	180.0	1.0 chimichanga	0.234
21043	Fast foods, clams, breaded and fried	115.0	0.75 cup	0.207
21127	Fast foods, coleslaw	191.0	1.0 cup	0.050
21029	Fast foods, cookies, animal crackers	67.0	1.0 box	0.248
21030	Fast foods, cookies, chocolate chip	55.0	1.0 box	0.088
21128	Fast foods, corn on the cob with butter	146.0	1.0 ear	0.248
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.243
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.477
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.190
21012	Fast foods, croissant, with egg, cheese, and bacon	129.0	1.0 croissant	0.348
21013	Fast foods, croissant, with egg, cheese, and ham	152.0	1.0 croissant	0.517
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.405
21104	Fast foods, egg and cheese sandwich	146.0	1.0 sandwich	0.263
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.077
21074	Fast foods, enchilada, with cheese	163.0	1.0 enchilada	0.082
21075	Fast foods, enchilada, with cheese and beef	192.0	1.0 enchilada	0.096
21076	Fast foods, enchirito, with cheese, beef, and beans	193.0	1.0 enchirito	0.174
21019	Fast foods, english muffin, with butter	63.0	1.0 muffin	0.252
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.519
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.476
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.644
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.462
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.335
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.185
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.580
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.211
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.148

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.052
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.032
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.135
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.080
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.053
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.030
21077	Fast foods, frijoles with cheese	167.0	1.0 cup	0.134
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.219
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	0.338
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	0.282
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.538
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.461
21116	Fast foods, ham and cheese sandwich	146.0	1.0 sandwich	0.307
21117	Fast foods, ham, egg, and cheese sandwich	143.0	1.0 sandwich	0.429
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.274
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.311
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.362
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.722
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.344
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.260
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.288
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.414
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.521
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.474
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.247
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.339
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.231
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.235
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.217
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.280
21129	Fast foods, hush puppies	22.0	1.0 piece	0.037
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.064
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.098
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.162
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.129
21048	Fast foods, oysters, battered or breaded, and fried	139.0	6.0 pieces	0.306

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21131	Fast foods, potato, baked and topped with cheese sauce	296.0	1.0 piece	0.237
21132	Fast foods, potato, baked and topped with cheese sauce and bacon	299.0	1.0 piece	0.269
21133	Fast foods, potato, baked and topped with cheese sauce and broccoli	339.0	1.0 piece	0.271
21134	Fast foods, potato, baked and topped with cheese sauce and chili	395.0	1.0 piece	0.276
21135	Fast foods, potato, baked and topped with sour cream and chives	302.0	1.0 piece	0.272
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.121
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.036
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.008
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.360
21052	Fast foods, salad, vegetable, tossed, without dressing	104.0	0.75 cup	0.031
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217.0	1.5 cup	0.087
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218.0	1.5 cup	0.109
21055	Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	417.0	1.5 cup	0.292
21056	Fast foods, salad, vegetable, tossed, without dressing, with shrimp	236.0	1.5 cup	0.118
21057	Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese	326.0	1.5 cup	0.391
21058	Fast foods, scallops, breaded and fried	144.0	6.0 pieces	0.202
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.023
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.672
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.437
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.450
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.062
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.063
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.061
21083	Fast foods, taco salad	198.0	1.5 cup	0.099
21084	Fast foods, taco salad with chili con carne	261.0	1.5 cup	0.157
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.034
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.184
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.157
21085	Fast foods, tostada, with beans and cheese	144.0	1.0 piece	0.101
21086	Fast foods, tostada, with beans, beef, and cheese	225.0	1.0 piece	0.090
21087	Fast foods, tostada, with beef and cheese	163.0	1.0 piece	0.098
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.052
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.020
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
04576	Fat, goose	12.8	1.0 tbsp	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
04575	Fat, turkey	12.8	1.0 tbsp	0.000
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.015
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.009
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.057
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.057
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.055
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.057
09095	Figs, dried, stewed	259.0	1.0 cup	0.028
09094	Figs, dried, uncooked	149.0	1.0 cup	0.127
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.038
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.008
06963	Fish broth	244.0	1.0 cup	0.000
04590	Fish oil, herring	13.6	1.0 tbsp	0.000
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.000
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.000
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000
04594	Fish oil, sardine	13.6	1.0 tbsp	0.000
43129	Fish sticks, meatless	28.0	1.0 stick	0.308
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.022
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.047
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.059
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.054
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.143
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.085
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.078
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.087
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.386
15006	Fish, burbot, raw	116.0	1.0 fillet	0.432
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.036
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.038
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.119
15008	Fish, carp, raw	85.0	3.0 oz	0.098
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.064
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.034

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.017
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.325
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.178
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.030
15013	Fish, cisco, raw	79.0	1.0 fillet	0.070
15014	Fish, cisco, smoked	28.35	1.0 oz	0.013
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.074
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.075
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.076
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.065
15192	Fish, cod, Pacific, cooked, dry heat	90.0	1.0 fillet	0.034
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	0.038
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.078
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.059
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.046
15022	Fish, cusk, raw	122.0	1.0 fillet	0.051
15194	Fish, dolphinfish, cooked, dry heat	85.0	3.0 oz	0.020
15023	Fish, dolphinfish, raw	85.0	3.0 oz	0.017
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.069
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.060
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.052
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.128
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.070
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.033
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.006
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.027
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.069
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.060
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.034
15033	Fish, haddock, raw	85.0	3.0 oz	0.017
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.013
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.049
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.042
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.062
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.051
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.160

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.036
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.050
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.026
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.105
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.051
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.108
15044	Fish, ling, raw	85.0	3.0 oz	0.094
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.030
15045	Fish, lingcod, raw	85.0	3.0 oz	0.026
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.140
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.197
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.011
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.098
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.085
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.038
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.094
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.016
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.190
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.110
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.014
15053	Fish, milkfish, raw	85.0	3.0 oz	0.011
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.025
15054	Fish, monkfish, raw	85.0	3.0 oz	0.021
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.093
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.026
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.023
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.011
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.037
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.042
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.057
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.049
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.387
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.230
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	0.032
15066	Fish, pollock, Alaska, raw	77.0	1.0 fillet	0.023
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.046

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.040
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.598
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.159
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.126
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.068
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.040
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.020
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.079
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.034
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.038
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.026
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.104
15074	Fish, sablefish, raw	85.0	3.0 oz	0.085
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.037
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.289
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.176
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.234
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.192
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.037
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.046
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.007
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.007
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.017
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.017
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.078
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.068
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.143
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.076
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.064
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.098
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.096
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.023
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.023
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.020
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.020
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.077

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.068
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.027
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.014
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.183
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.051
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.119
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.039
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.064
15090	Fish, scup, raw	85.0	3.0 oz	0.094
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.131
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.142
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.059
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.051
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.264
15094	Fish, shad, american, raw	85.0	3.0 oz	0.128
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.061
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.036
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.008
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.008
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.008
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.008
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.045
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.039
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.092
15103	Fish, spot, raw	64.0	1.0 fillet	0.102
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.068
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.060
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.026
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.015
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.008
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.034
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.038
15109	Fish, surimi	28.35	1.0 oz	0.006
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.076
15110	Fish, swordfish, raw	85.0	3.0 oz	0.064
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.081

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.048
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.210
15112	Fish, tilefish, raw	85.0	3.0 oz	0.102
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.204
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.264
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.276
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.102
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.095
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.217
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.105
15128	Fish, tuna salad	85.0	3.0 oz	0.026
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.236
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.205
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.028
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.033
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.055
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.032
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.009
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.027
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.032
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.014
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.014
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.007
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.007
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.114
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.065
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.056
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.145
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.119
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.044
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.049
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.052
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.248
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.153
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.255
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.122

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.000
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.000
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.268
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.275
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.058
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	1.500
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	1.622
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	1.867
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	1.500
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.500
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	5.481
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.935
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.375
07023	Frankfurter, beef and pork	45.0	1.0 frankfurter	0.090
42188	Frankfurter, beef and pork, low fat	57.0	1.0 frankfurter	0.103
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.008
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.028
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.092
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.009
07024	Frankfurter, chicken	45.0	1.0 link	0.026
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.028
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.029
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	0.022
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	0.024
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.429
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	0.024
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.029
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.617
07939	Frankfurter, pork	76.0	1.0 link	0.451
07025	Frankfurter, turkey	28.35	1.0 oz	0.010
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.079
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.058
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.063
80200	Frog legs, raw	45.0	1.0 leg	0.063
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.023

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.002
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.002
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.005
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.013
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.006
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.020
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.000
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.004
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.002
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.003
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.008
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.022
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.048
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.001
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.001
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.006
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.018
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.003
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	0.037
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.070
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.074
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.026
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.070
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.027
19294	Fruit butters, apple	17.0	1.0 tbsp	0.002
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.023
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.037
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.045
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.028

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.044
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.038
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.041
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.000
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.225
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.007
14268	Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.012
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.003
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.002
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	0.046
14405	Fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.001
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.000
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.000
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.036
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.038
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.027
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.035
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.037
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.139
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.000
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.654
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.004
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.110
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.193
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.221
17144	Game meat, antelope, raw	28.35	1.0 oz	0.091
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.085
17146	Game meat, bear, raw	28.35	1.0 oz	0.045
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.042
17150	Game meat, beaver, raw	28.35	1.0 oz	0.017
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0.026
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.011

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0.102
17334	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw	85.0	1.0 serving (3 oz)	0.193
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.113
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.116
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.013
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.085
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.012
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.140
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.184
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.013
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.264
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.111
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.026
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.011
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.212
17162	Game meat, caribou, raw	28.35	1.0 oz	0.091
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.153
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.468
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.465
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.151
17164	Game meat, deer, raw	28.35	1.0 oz	0.062
17346	Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0.130
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled	85.0	1.0 serving (3 oz)	0.221
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.255
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.119
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.128
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.182
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.153
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.132
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.076
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.085
17170	Game meat, horse, raw	28.35	1.0 oz	0.037
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.042
17172	Game meat, moose, raw	28.35	1.0 oz	0.017
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.068
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.026

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.085
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.076
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.051
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.028
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.017
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.009
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.502
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.051
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.020
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 Patty	0.071
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 Pattie	0.000
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 Patty	0.071
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 Patty	0.071
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 Patty	0.071
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.199
11215	Garlic, raw	136.0	1.0 cup	0.272
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.003
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.001
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.001
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.002
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.002
11216	Ginger root, raw	2.0	1.0 tsp	0.000
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.111
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	0.101
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	0.062
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.041
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	0.035
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0.078
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	0.093
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	0.142
17168	Goat, raw	28.35	1.0 oz	0.031
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.108

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.072
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.132
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.110
05150	Goose, liver, raw	94.0	1.0 liver	0.528
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.050
09107	Gooseberries, raw	150.0	1.0 cup	0.060
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.082
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.082
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.048
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.042
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.042
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.017
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.028
14277	Grape drink, canned	31.3	1.0 fl oz	0.000
14282	Grape juice drink, canned	31.3	1.0 fl oz	0.070
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.043
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.043
09512	Grape juice, canned or bottled, with added ascorbic acid and calcium	253.0	1.0 cup	0.043
11975	Grape leaves, canned	4.0	1.0 leaf	0.003
11974	Grape leaves, raw	14.0	1.0 cup	0.006
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.099
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.100
09123	Grapefruit juice, white, canned, unsweetened	247.0	1.0 cup	0.104
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.101
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.300
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.099
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.083
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.099
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.078
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.092
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.085
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.085
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.092
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.072
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.097
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.095

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.085
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.077
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.076
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.104
06114	Gravy, au jus, canned	59.0	0.25 cup	0.012
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.014
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.075
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.016
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.011
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	0.040
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.020
06985	Gravy, HEINZ Home Style Savory Beef Gravy	57.0	1.0 serving 1/4 cup 2 oz	0.004
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.013
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.009
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.071
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.079
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.042
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.048
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.011
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.048
06126	Gravy, turkey, dry	7.0	1.0 serving	0.015
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.050
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.068
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.057
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.057
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.075
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.068
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.019
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.063
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.070
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.057
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.053
05305	Ground turkey, raw	453.6	1.0 lb	0.299
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	0.154
09434	Guanabana nectar, canned	251.0	1.0 cup	0.008
09435	Guava nectar, canned	251.0	1.0 cup	0.008

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09143	Guava sauce, cooked	238.0	1.0 cup	0.062
09139	Guavas, common, raw	165.0	1.0 cup	0.111
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.073
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.050
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.057
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.000
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.168
07033	Ham and cheese spread	15.0	1.0 tbsp	0.048
07031	Ham salad spread	15.0	1.0 tbsp	0.065
07026	Ham, chopped, canned	28.35	1.0 oz	0.152
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.177
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.221
07030	Ham, minced	28.35	1.0 oz	0.202
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.077
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.351
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.002
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.006
06029	HEALTHY REQUEST, Chicken with Rice, condensed	126.0	0.5 cup	0.013
11961	Hearts of palm, canned	146.0	1.0 cup	0.016
14649	Hibiscus tea	237.0	8.0 fl oz	3.031
20030	Hominy, canned, white	165.0	1.0 cup	0.005
20330	Hominy, canned, yellow	160.0	1.0 cup	0.005
19296	Honey	339.0	1.0 cup	0.000
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.018
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.058
02055	Horseradish, prepared	5.0	1.0 tsp	0.000
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.530
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.530
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.490
16158	Hummus, commercial	15.0	1.0 tbsp	0.027
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.013
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.100
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.524
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.524
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.373
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.049

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.049
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.062
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.041
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.104
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.071
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.145
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.025
01238	Ice cream sandwich	70.0	1.0 serving	0.078
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.027
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.027
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.031
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.098
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.042
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.024
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.016
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.032
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.044
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.042
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.024
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.024
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.026
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.027
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.034
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.040
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.020
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.046
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.044
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.034
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.172
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	0.027
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.046
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.040

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0.045
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0.020
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.012
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.012
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.012
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	0.049
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	0.020
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	0.049
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	0.101
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0.024
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.027
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.012
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0.024
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.027
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.012
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.040
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.046
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0.020
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.059
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.346
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.045
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.021

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.039
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.158
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)	30.8	1.0 fl oz	0.060
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.040
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0.045
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0.020
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.046
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.020
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.028
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.012
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.048
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.020
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.048
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.020
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.016
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.035
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.058
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.043
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.019
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.038
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.081
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.016
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.036
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.036
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.036
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.032
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.016
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.036
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.033

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	0.035
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.033
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.035
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.034
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.016
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.016
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.036
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.038
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.032
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.056
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.032
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.038
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.056
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.040
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.040
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.040
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.039
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.033
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.036
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.032
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.036
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.016
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.039
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.016
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.035
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.032
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.035
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.034

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.016
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.035
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.106
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.054
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.035
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.054
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.055
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.031
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.055
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.016
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.032
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.035
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.016
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.024
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.026
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.012
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.028
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.023
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.011
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.021
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.020
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.040
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.045
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.020
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0.041
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	0.045
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0.021
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0.044
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	0.044
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0.021
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.059
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.173

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	0.134
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.105
19297	Jams and preserves	20.0	1.0 tbsp	0.003
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.000
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	0.000
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.008
19300	Jellies	21.0	1.0 serving 1 tbsp	0.000
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.002
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.006
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.300
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.080
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.015
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.012
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.079
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.079
11231	Jute, potherb, raw	28.0	1.0 cup	0.037
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.069
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.069
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.056
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.056
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.053
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.018
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.052
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.052
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.047
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.000
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 Package	0.284
21504	KASHI Pizza, Four Cheese	115.0	0.33 pizza	0.115
21513	KASHI Pizza, Greek Tzatziki, single serve	149.0	1.0 Pizza	0.298
21501	KASHI Pizza, Margherita	113.0	0.33 pizza	0.068
21503	KASHI Pizza, Mediterranean	120.0	0.33 pizza	0.120
21500	KASHI Pizza, Mushroom Trio & Spinach	113.0	0.33 pizza	0.113
21499	KASHI Pizza, Roasted Vegetable	116.0	0.33 pizza	0.058
21514	KASHI Pizza, Tikka Masala, single serve	159.0	1.0 Pizza	0.318
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 Entre	0.269
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 Package	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.108
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.161
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.102
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.115
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.269
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	0.242
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.027
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.242
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.018
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.117
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0.060
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.063
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0.048
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.105
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.078
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.081
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.102
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.071
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.058
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.061
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	0.071
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.055
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.074
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.071
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	0.080
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.086
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.050
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	0.069
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	0.109
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	0.168
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.122
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.087
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	0.126
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	0.112
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.093
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	0.160

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.168
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	0.152
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	0.090
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.093
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.090
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	0.106
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	0.119
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	0.084
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	0.096
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.102
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.087
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.084
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	0.102
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.333
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	0.164
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	0.116
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	0.145
28063	KEEBLER, CLUB, Buttery Garlic Crackers	14.0	4.0 crackers	0.080
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.078
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.057
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.060
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.073
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.081
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.102
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.087
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.060
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	0.112
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	0.098
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.033
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	0.057
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	0.065
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.045
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	0.073
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	0.105
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.041
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.061

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.084
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	0.105
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	0.144
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	0.068
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	0.105
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.035
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	0.075
28099	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Mint	31.0	1.0 cookie	0.000
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.025
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.090
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.069
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.042
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.055
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	0.057
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	0.046
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	0.132
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	0.132
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.092
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.090
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.090
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	0.095
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	0.122
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.075
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.084
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	0.061
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	0.074
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.063
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.111
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.112
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.099
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	0.099
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.101
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	0.143
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.130
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.080
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.055

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	0.137
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.160
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	0.099
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.091
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.090
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.091
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	0.098
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	0.083
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	0.067
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.066
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.076
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.080
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.082
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.084
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.086
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.104
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.080
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	0.064
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	0.081
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.090
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.093
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.086
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	0.126
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	0.126
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	0.093
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	0.093
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.065
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.065
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	0.126
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.153
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	0.135
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.087
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	0.092
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	0.094
08708	KELLOGG Mini-Wheats Frosted Bite Size Touch of Fruit Raisin	55.0	24.0 Biscuits (1 NLEA serving)	0.374
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	1.160

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.302
18507	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.133
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	0.090
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.072
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.048
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.304
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.304
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.667
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.297
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	0.301
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.301
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	0.315
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	0.315
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.301
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	0.301
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.297
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.297
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.152
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.152
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.210
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.210
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.301
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.301
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.301
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.301
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.304
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.304
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.303
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.303
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.296
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	0.296
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.301
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.301
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.301
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.451
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.302

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.318
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.301
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.301
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.150
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	0.150
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.111
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.150
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.200
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.150
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.150
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.220
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.350
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.150
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.150
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.151
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.150
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.150
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.150
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.195
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.150
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.150
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.144
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.149
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.150
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.149
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.149
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.150
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.301
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.171
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.183
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.174
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.168
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.105
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.111
21419	KFC, biscuit	49.0	1.0 biscuit	0.212
21420	KFC, Coleslaw	112.0	1.0 package	0.041

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.039
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.091
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.084
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.030
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.021
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.056
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.050
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.015
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.012
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.098
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.155
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.031
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.020
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.115
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.077
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.043
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.025
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.011
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.128
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.540
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.128
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	75.0	1.0 link	0.154
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	0.045
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.049
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.246
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.066
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.066
11241	Kohlrabi, raw	135.0	1.0 cup	0.068
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	0.109
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.007
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.105
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.038
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.111

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.042
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.073
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.027
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.076
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.028
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.110
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.041
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.115
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.108
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.115
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.109
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.115
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.105
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.038
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.115
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.107
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.115

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.147
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.048
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.153
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.052
17315	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.111
17314	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.041
17317	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.122
17316	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.050
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.054
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.016
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.085
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.079
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.030
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.085
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.081
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.030
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.080
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.030
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.085
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.060
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.017
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.085
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.085

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.034
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.085
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.060
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.094
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.037
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.074
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.074
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.051
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.040
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.034
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.028
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.147
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.060
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.076
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.085
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.060
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.051
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.060
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.051
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.076
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.085
17224	Lamb, ground, raw	28.35	1.0 oz	0.031
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.071
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.115
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.022
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.062
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.117
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.174

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.039
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.066
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.012
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.049
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.043
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.115
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.037
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.116
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.068
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.020
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.102
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.037
17255	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.094
17254	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.110
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.043
17257	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.060
17256	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.102
17259	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.102
17258	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.102
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.102
17261	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.102
17260	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.110
17263	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.085
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17265	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.068
17264	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.068
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.017
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.067
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.195
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.588
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.033
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.076
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.026
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.072
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.393
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.467
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.115
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.187
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.117
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.201
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.335
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.367
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.085
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.128
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.082
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.137
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.099
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.125
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.101
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.133
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.053
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.081
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.053
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.081
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.031
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.093

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.022
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.090
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.099
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.145
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.099
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.156
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.051
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.070
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.048
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.069
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.057
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.097
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.051
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.095
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.039
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.082
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.026
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.077
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.061
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.113
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.048
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.114
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.064
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.061
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.086
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.085
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.086
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.085
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.265
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.356
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.031
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.113
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.091
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.158

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.091
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.158
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.094
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.145
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.037
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.145
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.105
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.298
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.176
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.196
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.298
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.096
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.029
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.014
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.020
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.017
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.009
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.043
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.013
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.068
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.043
11794	Lambs quarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.180
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.180
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.000
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.031
04002	Lard	12.8	1.0 tbsp	0.000
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.070
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.117
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.086
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.256
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.408
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.266
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.523
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.548
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.440
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.320
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.058
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.032
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.032
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.053
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.044
09153	Lemon juice, canned or bottled	244.0	1.0 cup	0.100
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.144
09152	Lemon juice, raw	244.0	1.0 cup	0.059
09156	Lemon peel, raw	6.0	1.0 tbsp	0.004
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	0.000
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.006
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.001
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.007
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.002
14287	Lemonade, powder	18.0	1.0 serving	0.003
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.085
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.335
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.335
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.979
16069	Lentils, raw	192.0	1.0 cup	1.676
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.176
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.031
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.034
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.025
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.030
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.018
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.162

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.177
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.072
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.238
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.238
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.126
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.126
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.187
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.126
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.126
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.147
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.339
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.133
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.303
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.303
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.902
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.293
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.293
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.159
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.081
09160	Lime juice, raw	242.0	1.0 cup	0.061
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.001
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.020
09165	Litchis, dried	2.5	1.0 fruit	0.000
09164	Litchis, raw	190.0	1.0 cup	0.021
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.449
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.067
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.336
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.329
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.304
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.388
07040	Liver cheese, pork	28.35	1.0 oz	0.060
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.049
07911	Liverwurst spread	55.0	0.25 cup	0.150
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.074
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.306
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.140

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.460
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.204
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.255
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	1.196
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.425
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.800
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.110
09173	Longans, dried	1.7	1.0 fruit	0.001
09172	Longans, raw	3.2	1.0 fruit without refuse	0.001
09174	Loquats, raw	149.0	1.0 cup, cubed	0.028
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.076
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.076
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.130
07042	Luncheon meat, beef, loaved	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.031
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.101
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.178
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.104
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.148
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.050
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.560
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.222
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.222
16076	Lupins, mature seeds, raw	180.0	1.0 cup	1.152
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.198
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.728
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.090
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.293
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	0.131
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.246
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.162
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.350
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.074
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	0.535
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.634
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	0.384

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	0.028
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	0.936
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	0.094
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	115.0	1.0 cup small shells	0.343
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	115.0	1.0 cup small shells	0.343
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	1.104
20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	93.0	1.0 cup small shells	1.104
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	0.150
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	0.867
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	0.151
20107	Macaroni, whole-wheat, dry	105.0	1.0 cup elbow shaped	0.512
11986	Malabar spinach, cooked	44.0	1.0 cup	0.047
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.005
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.036
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.143
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.761
14311	Malted drink mix, natural, powder, has milk	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.106
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.215
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.734
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.169
09436	Mango nectar, canned	251.0	1.0 cup	0.008
09176	Mangos, raw	165.0	1.0 cup pieces	0.046
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.106
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.000
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.001
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.001
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.002
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.000
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.001
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.001
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.001
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.000
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.001
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.001
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.001
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.001
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.001
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.001
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.001
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.002
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.002
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.148
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.002
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.001
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.001
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.002
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.003
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.002
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.007
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.001
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.001
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.001
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.001
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.000
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.000
19303	Marmalade, orange	20.0	1.0 tbsp	0.001
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.201
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.056
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.002
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.008
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.001
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	0.191

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.372
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	0.171
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	0.098
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	0.208
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.228
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.006
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	0.616
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	0.385
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.380
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.265
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.102
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.013
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.869
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.251
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	0.356
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.330
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.283
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.351
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.128
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.069
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.047
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.235
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.067
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item 6.42 oz	0.067
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item 6.314 oz	0.075
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.013
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.446
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.446
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.415
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.016
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.278
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	0.323
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	12.0 fl oz cup regular	0.177
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	12.0 fl oz cup regular	0.162
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.006
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.006

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.000
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.006
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.005
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	0.458
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	0.447
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	0.456
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.392
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	0.384
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	0.378
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	0.313
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	0.326
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.472
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.502
21340	McDONALD'S, Sausage Burrito	113.0	1.0 item 3.993 oz	0.182
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item 4.744 oz	0.282
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.399
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.432
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.338
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.039
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.012
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item 6.279 oz	0.069
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.050
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.014
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item 3.175 oz	0.039
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor	158.0	1.0 cup	0.679
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.000
16106	Meat extender	88.0	1.0 cup	0.618
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.116
43132	Meatballs, meatless	144.0	1.0 cup	1.351
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.287
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.073
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.026
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.065
08510	Milk and cereal bar	25.0	1.0 bar	0.154
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.016
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.068

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.013
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.009
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.029
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.118
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.083
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.122
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.115
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.034
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.014
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.015
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.015
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.118
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.098
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.095
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.112
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.112
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.092
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.046
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.281
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.281
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.124
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.124
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.091
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.362
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.073
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.073
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.049
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.089
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.015
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.004
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.000
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.127
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.049
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.111
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.098
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.049

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.111
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.100
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.110
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.110
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.093
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.111
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.098
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.110
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.095
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.096
01109	Milk, sheep, fluid	245.0	1.0 cup	0.159
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.112
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.112
20647	Millet flour	119.0	1.0 cup	0.491
20032	Millet, cooked	174.0	1.0 cup	0.184
43483	Millet, puffed	21.0	1.0 cup	0.082
20031	Millet, raw	200.0	1.0 cup	0.842
16112	Miso	17.0	1.0 tbsp	0.017
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.007
19304	Molasses	337.0	1.0 cup	0.138
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.187
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.161
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.020
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.008
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.085
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.128
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.013
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.076
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.014
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.008
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.255
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.240
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.048
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.026
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.128
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.128

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.110
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.089
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.021
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.031
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.015
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.032
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.034
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.010
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.013
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.008
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.002
90560	Mollusks, snail, raw	85.0	3.0 oz	0.008
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.048
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.006
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.042
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.022
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.066
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.085
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.025
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.034
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.084
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 Burger	0.000
16598	MORNINGSTAR FARMS Bacon, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 Biscuit	0.315
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 Riblet with Sauce	0.000
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 Strips	1.616
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 Biscuit	0.420
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.000
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 Links	0.855
16587	MORNINGSTAR FARMS Breakfast Sausage Patties Maple Flavored, frozen, unprepared	38.0	1.0 Patty	0.380
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	4.180
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 Patty	0.213
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0.425
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 Burger	0.026
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 Burger	0.213
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.213
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.020

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.344
16605	MORNINGSTAR FARMS Entree Chik'n Enchilada with Rice, frozen, unprepared	269.0	1.0 package	0.242
16597	MORNINGSTAR FARMS Entree Chili, frozen, unprepared	254.0	1.0 Cup	0.254
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	252.0	1.0 cup	28.224
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110.0	1.0 cup	1.320
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 Patty	0.000
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 Burger	1.792
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 Burger	0.213
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 Burger	1.368
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	0.000
16558	MORNINGSTAR FARMS Italian Herb Chik'n Pattie, frozen, unprepared	71.0	1.0 Patty	0.284
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 Entre	0.568
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 Meatballs	0.000
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.067
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 Burger	0.000
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0.340
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve	160.0	1.0 Pizza	0.480
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 Burger	0.067
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.66 Cup	0.715
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	0.323
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 Burger	0.067
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 Burger	0.067
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 Link	0.000
16589	MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared	64.0	1.0 link	0.109
16595	MORNINGSTAR FARMS Veggie Sweet and Sour Chik'n, frozen, unprepared	284.0	1.0 entre	0.199
07050	Mortadella, beef, pork	28.35	1.0 oz	0.034
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.219
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.219
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	1.102
07061	Mother's loaf, pork	28.35	1.0 oz	0.156
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.067
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.090
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	0.067
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.106
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	0.118
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	0.137

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.067
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.067
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.093
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.086
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.067
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.093
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.099
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.105
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.100
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.106
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	0.099
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	0.137
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.125
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.125
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.069
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.116
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.048
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.100
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.077
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.068
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.058
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.077
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.071
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.086
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.088
18283	Muffins, oat bran	28.35	1.0 oz	0.074
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.081
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.102
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.058
09190	Mulberries, raw	140.0	1.0 cup	0.041
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.331
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.331
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.285
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.062
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.062
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.174

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.087
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.270
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.270
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.565
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.090
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	0.156
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	0.162
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	0.170
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.099
28274	MURRAY, Honey Graham	31.0	8.0 crackers	0.130
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.112
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.101
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.111
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	0.109
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.101
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.101
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.075
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.084
28220	MURRAY, SUGAR FREE, Chocolate Bites Cookies	21.0	1.0 pouch	0.082
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.128
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	0.115
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.081
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.069
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.065
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	0.034
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.098
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.118
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	0.119
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.134
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.101
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	0.153
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.101
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.067
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.125
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.107
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	0.084

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	0.126
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.083
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.133
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.008
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.011
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.102
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.046
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.185
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.087
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.051
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.087
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.051
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.054
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.054
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.011
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.003
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.088
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.024
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.114
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.114
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.057
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.104
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.057
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.057
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.060
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.060
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.070
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.045
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.074
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.074
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.102
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.009
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.017
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.064
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.013
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.015

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.014
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.002
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.017
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.054
16113	Natto	175.0	1.0 cup	0.280
09191	Nectarines, raw	143.0	1.0 cup slices	0.049
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.147
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.054
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.054
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.022
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.210
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.162
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	0.462
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.462
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.048
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	0.048
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.431
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.065
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	0.392
20111	Noodles, egg, spinach, dry, enriched	38.0	1.0 cup	0.415
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.088
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.107
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.274
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.035
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.058
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.016
11963	Nopales, raw	86.0	1.0 cup, sliced	0.010
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.375
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.041
12059	Nuts, acorns, dried	28.35	1.0 oz	0.042
12058	Nuts, acorns, raw	28.35	1.0 oz	0.032
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.007
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.007
12071	Nuts, almond paste	28.35	1.0 oz	0.023
12061	Nuts, almonds	143.0	1.0 cup, whole	0.293
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.277

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.106
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.106
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.164
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.144
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.144
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.144
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.086
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.821
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.460
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.025
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.050
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.274
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.274
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.468
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.468
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.120
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.031
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.074
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.045
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.043
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.042
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.100
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.084
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.041
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.345
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.347
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.035
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	1.243
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.098
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.128
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.004
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.004
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.017
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.017
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.023
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.013

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.029
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.017
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.053
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.050
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.055
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.062
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.072
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.113
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.085
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.206
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.122
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.062
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.739
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.135
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.096
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	1.040
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.937
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.937
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	1.601
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.274
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	137.0	1.0 cup	0.274
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.054
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.253
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.253
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.101
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.726
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.726
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.719
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.128
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.128
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.520
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.520
12145	Nuts, pilinuts, dried	120.0	1.0 cup	1.096
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.491
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.352
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.855

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.855
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.070
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.071
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.399
20034	Oat bran, cooked	219.0	1.0 cup	0.350
20033	Oat bran, raw	94.0	1.0 cup	1.100
20132	Oat flour, partially debranned	104.0	1.0 cup	0.720
20038	Oats	156.0	1.0 cup	1.190
09192	Oheloberries, raw	140.0	1.0 cup	0.024
04529	Oil, almond	13.6	1.0 tablespoon	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
04581	Oil, avocado	14.0	1.0 tbsp	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
04582	Oil, canola	14.0	1.0 tbsp	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.000
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
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	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.000
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000
04583	Oil, mustard	14.0	1.0 tbsp	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
04588	Oil, oat	13.6	1.0 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
16130	Okara	122.0	1.0 cup	0.024
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.106
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.106
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.067
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.067
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.085
11278	Okra, raw	100.0	1.0 cup	0.200
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.681
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.173
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.675
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.472
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.320
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.083
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.001
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.000
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.000
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.162
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.467
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.319
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.196
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.518
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.089
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.085
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.020
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.088
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.088
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.025
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.003
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.028
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.034
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.034

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.025
11282	Onions, raw	160.0	1.0 cup, chopped	0.074
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.055
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.061
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.043
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.002
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	0.006
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.038
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.132
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.033
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.000
42270	Orange juice drink	249.0	1.0 cup	0.946
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.097
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.115
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.115
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.115
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.115
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.172
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.721
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.721
09206	Orange juice, raw	248.0	1.0 cup	0.223
09216	Orange peel, raw	6.0	1.0 tbsp	0.007
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.098
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.000
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.000
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	0.149
14425	Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.037
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.138
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.157
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.157
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.185
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.112
09205	Oranges, raw, with peel	170.0	1.0 cup	0.170
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.014
07205	OSCAR MAYER, Bologna Light (pork, chicken, beef)	28.0	1.0 serving (1 slice)	0.045
07208	OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)	56.0	1.0 serving	0.129

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07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	28.0	1.0 serving (1 slice)	0.064
07211	OSCAR MAYER, Ham and Cheese Loaf	28.0	1.0 serving	0.162
07218	OSCAR MAYER, Head Cheese	28.0	1.0 serving	0.011
07229	OSCAR MAYER, Salami (Genoa)	27.0	1.0 serving 3 slices	0.167
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.154
07237	OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat	46.0	1.0 serving 2 slices	0.069
07238	OSCAR MAYER, Summer Sausage Thuringer Cervalat	46.0	1.0 serving 2 slices	0.106
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.015
07206	OSCAR MAYER. Bologna (Wisconsin made ring)	56.0	1.0 serving	0.162
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.167
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.198
05641	Ostrich, ground, raw	109.0	1.0 patty	0.198
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.201
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.171
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.204
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.181
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.174
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.198
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.178
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.200
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.165
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.168
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.168
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.197
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.167
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.195
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.166
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.024
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.198
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.055
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.154
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.058
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.234
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.060
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.173
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.057

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.103
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.057
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.375
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.105
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.161
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.056
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.530
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.408
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.530
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.356
09229	Papaya nectar, canned	250.0	1.0 cup	0.015
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.006
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.033
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.002
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.004
11297	Parsley, fresh	60.0	1.0 cup chopped	0.052
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.065
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.065
11298	Parsnips, raw	133.0	1.0 cup slices	0.120
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.000
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.000
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.000
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	2.879
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	1.058
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.951
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.987
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.197
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.146
20092	Pasta, corn, cooked	140.0	1.0 cup	0.074
20091	Pasta, corn, dry	105.0	1.0 cup	0.243
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.902
20094	Pasta, fresh-refrigerated, plain, cooked	57.0	2.0 oz	0.119
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.780
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.101
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.099
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.104

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.054
07052	Pastrami, turkey	57.0	2.0 slices	0.031
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.163
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.011
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.007
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.011
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.004
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.017
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.007
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.007
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.029
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.049
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.029
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.044
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.020
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.023
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.022
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.019
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.045
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.014
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.013
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.003
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.032
09236	Peaches, raw	154.0	1.0 cup slices	0.037
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.027
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.009
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.034
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.034
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.040
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.019
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.048
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.048
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.097
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.027
16099	Peanut flour, defatted	60.0	1.0 cup	0.420
16100	Peanut flour, low fat	60.0	1.0 cup	0.274

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.036
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.163
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.043
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.222
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.122
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.122
16087	Peanuts, all types, raw	28.35	1.0 oz	0.181
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.466
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.466
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.986
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.130
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.130
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.933
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.395
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.395
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.953
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.005
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.005
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.011
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.027
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.025
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.027
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.022
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.027
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.025
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.020
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.011
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.010
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.014
09252	Pears, raw	140.0	1.0 cup, slices	0.017
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.017
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.017
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.014
09413	Pears, raw, red anjou	126.0	1.0 small	0.015
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.189
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.189

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.180
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.626
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.133
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.120
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.270
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.270
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.205
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.205
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.205
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.102
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.102
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.086
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.147
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.187
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.172
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.103
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.138
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.095
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.218
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.414
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.414
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.226
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.226
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.347
11304	Peas, green, raw	145.0	1.0 cup	0.386
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1.430
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.270
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.372
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.372
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.004
11230	Pepeao, dried	24.0	1.0 cup	0.198
11976	Pepper, banana, raw	124.0	1.0 cup	0.100
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.380
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
07057	Pepperoni, pork, beef	2.0	1.0 slice round	0.007
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.030

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.014
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.030
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.015
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.040
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.015
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.032
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.021
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.058
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.036
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.012
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.057
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.035
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.007
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.080
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.005
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.069
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.066
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.085
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.048
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.035
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.007
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.080
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.005
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.069
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.069
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.066
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.080
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.059
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.052
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.050
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.069
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.098
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.069
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.061
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.065
18338	Phyllo dough	28.35	1.0 oz	0.153

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.149
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.003
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.006
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.000
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.000
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.016
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.016
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.000
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.000
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.040
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.105
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.612
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.052
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.031
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.244
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.531
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.511
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.277
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.153
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.111
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.061
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.050
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.462
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.071
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.090
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.084
19312	Pie fillings, apple, canned	74.0	0.125 can	0.009
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.035
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.019
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.017
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.008
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.038
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.042
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.029
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.039

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.003
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.043
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.007
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.042
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.104
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.014
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.008
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.014
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.025
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.253
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.011
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.040
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.040
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.040
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.018
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.033
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.043
18323	Pie, peach	28.35	1.0 oz	0.017
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.058
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.053
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.050
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.026
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.039
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.245
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.245
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.318
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.536
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.536
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.616
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.045
11943	Pimento, canned	12.0	1.0 tbsp	0.002
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.009
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.009
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.145
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.145
09510	Pineapple juice, DOLE, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.145

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.175
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.497
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.231
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.229
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.185
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.237
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.229
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.229
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.245
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.130
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.132
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.129
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	0.052
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.253
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.243
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.150
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.307
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.276
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.338
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.483
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.437
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.378
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.276
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.605
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.475
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.272
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.428
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.500
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.331
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.451
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.162
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.171
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.335
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.071
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.309
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.425

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	146.0	1.0 serving	0.327
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.092
09446	Plantains, green, fried	118.0	1.0 cup	0.055
09277	Plantains, raw	148.0	1.0 cup, sliced	0.077
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.118
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.031
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.042
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.041
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.058
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.040
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.052
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.055
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.060
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.089
09279	Plums, raw	165.0	1.0 cup, sliced	0.046
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.008
11349	Poi	240.0	1.0 cup	0.312
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.116
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.116
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.128
07059	Polish sausage, pork	85.0	3.0 oz	0.427
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.037
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.058
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.099
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.004
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.011
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.276
21416	POPEYES, Coleslaw	120.0	1.0 package	0.018
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.198
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.141
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.077
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.047
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.190
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.092
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.078
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.016

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.065
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.062
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.122
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.029
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.046
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.051
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.407
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	1071.0	1.0 ribs	5.312
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.216
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.069
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.073
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.055
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	1.0 oz	0.320
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.264
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.055
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.003
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.028
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.032
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.050
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.064
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.077
10129	Pork, cured, breakfast strips, cooked	85.0	3.0 oz	0.626
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.404
10131	Pork, cured, canadian-style bacon, grilled	139.0	1.0 package (6 oz) yields	1.145
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.002
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.296
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.067
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.303
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.200
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.222
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.087
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.218
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.274
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.318
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.099
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.326

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.318
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.345
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.348
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.306
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.113
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.308
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.342
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.274
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.077
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.280
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.080
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.308
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.155
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.335
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.592
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.318
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.114
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.326
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.360
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.419
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.425
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.221
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.081
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.221
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.241
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.278
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.073
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.283
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.225
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.246
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.067
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.247
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.200
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.260
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.203
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.262

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.204
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.436
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.437
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.671
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.111
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.113
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.679
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.526
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.150
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.527
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.151
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.056
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.035
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.245
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.213
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.210
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.022
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.161
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.240
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.449
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.170
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.345
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.231
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.207
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.130
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.148
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.451
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.410
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.481
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.147
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.236
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.273
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.391
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.126
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.411
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.135

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.465
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.393
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.489
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.418
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.227
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.088
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.952
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.305
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.061
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.081
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.068
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.857
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.018
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.391
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.153
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.024
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.391
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.388
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.112
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.834
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.169
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	0.176
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.571
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.519
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.238
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.182
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.577
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.165
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.742
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.278
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	0.209
10942	Pork, fresh, enhanced, composite of separable fat, raw	28.35	1.0 oz	0.058
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.666
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.633

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.671
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.643
10950	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	107.0	1.0 chop	0.681
10949	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw	146.0	1.0 chop	0.693
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	107.0	1.0 chop	0.710
10948	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw	146.0	1.0 chop	0.756
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.345
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.403
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.360
10946	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.435
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.600
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.208
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.660
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.141
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.445
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.463
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.349
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.399
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.374
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.444
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.857
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.209
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.931
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.248
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.424
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.459
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.509
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.536
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.413
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.416
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.412
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.431
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.436
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.430
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.570
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.410

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.429
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.510
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.529
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.440
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.509
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.456
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.412
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.465
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)	0.911
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.482
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.434
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	137.0	1.0 chop	0.754
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	170.0	1.0 chop	1.045
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	137.0	1.0 chop	0.833
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	170.0	1.0 chop	1.173
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.456
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.478
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)	0.606
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.411
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.662
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.728
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.418
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)	0.606
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.443
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.447
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.484
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.470
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.446
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.709
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.602
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.467
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.760
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.647

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.444
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.469
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.513
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.543
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.649
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.132
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.664
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.829
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)	0.396
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)	0.480
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.697
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.792
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.697
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.908
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)	0.382
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.335
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.418
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.439
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.510
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.518
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.538
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.591
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.575
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.639
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.558
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.555
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.564
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.563
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.543
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)	0.565
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.599
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.614

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.823
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.802
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.835
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.840
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.808
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.848
10859	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.924
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled	150.0	1.0 chop boneless	0.946
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.710
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.922
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.902
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.567
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.736
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.954
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.933
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.589
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.465
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.362
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.477
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.377
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.537
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.745
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.840
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.766
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.560
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.785
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.864
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.841
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.060
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.045
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.426
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.442
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.447
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.474
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.373
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.705

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.497
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.394
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.491
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.557
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.542
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.949
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.591
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.638
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.784
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.217
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.848
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.251
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.347
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.355
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.271
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.066
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.044
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.012
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.006
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.022
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.023
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.014
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.007
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.805
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.174
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.109
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.554
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.096
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.030
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.219
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.080
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.067
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.024
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.198
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.078
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.030

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.118
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.037
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.034
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.014
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.060
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.060
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.269
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.139
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.385
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.230
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.358
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.299
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.375
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.425
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.368
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.468
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.446
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.513
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.556
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.409
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.099
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.094
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.461
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.548
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.873
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.674
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.060
11413	Potato flour	160.0	1.0 cup	0.365
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.035
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.055
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.221
22971	Potato salad with egg	125.0	0.5 cup	0.040
11414	Potato salad, home-prepared	250.0	1.0 cup	0.192
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.043
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.027
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.018

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.157
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.157
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.039
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.095
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.064
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.064
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	0.071
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.071
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.083
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.083
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.011
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.011
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.076
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.076
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.122
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.126
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.102
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.060
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.099
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.087
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.064
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.095
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.064
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.059
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.087
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.084
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.027
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.027
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.150
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.176
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.059
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.040
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.048
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.280
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.201
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.102

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.090
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.268
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.035
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.043
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.593
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.380
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.906
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.273
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.233
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.189
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.166
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.187
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.181
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.193
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.166
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.242
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.101
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.101
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.041
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.242
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.041
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.146
11362	Potatoes, raw, skin	38.0	1.0 skin	0.008
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.215
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.061
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.200
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.062
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.047
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.016
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.169
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.169
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.144
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.053
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.532
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.003
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.114

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.161
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.218
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.018
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.022
43109	Pretzels, soft	143.0	1.0 large	0.586
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.586
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.001
09287	Prickly pears, raw	149.0	1.0 cup	0.021
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.002
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.500
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.079
09294	Prune juice, canned	256.0	1.0 cup	0.041
09423	Prune puree	36.0	2.0 tbsp	0.014
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.080
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.129
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.156
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.008
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.000
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.000
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.049
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.048
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.001
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.044
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.046
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.002
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.002
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.010
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.048
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.049
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.015
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.042
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.054
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.007

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.020
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.013
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.050
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.049
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.009
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.045
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.045
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.001
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.003
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.047
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.004
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.004
19194	Puddings, rice, dry mix	106.0	1.0 package	0.263
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.096
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.095
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.031
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.001
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.038
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.038
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.001
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.007
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.015
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.002
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.047
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.040
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.050
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.005
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.022
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.113
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.092
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.413
09295	Pummelo, raw	190.0	1.0 cup, sections	0.065
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.024
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.014

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.048
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.048
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.037
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.043
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.059
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.059
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.076
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.076
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.024
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.058
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.036
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.036
11427	Purslane, raw	43.0	1.0 cup	0.020
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.204
43282	Quail, cooked, total edible	28.35	1.0 oz	0.062
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.266
05158	Quail, meat only, raw	92.0	1.0 quail	0.260
01267	Queso cotija	5.0	2.0 tsp	0.001
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.018
20137	Quinoa, cooked	185.0	1.0 cup	0.198
20035	Quinoa, uncooked	170.0	1.0 cup	0.612
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.006
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.039
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.030
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.000
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.000
11432	Radishes, oriental, dried	116.0	1.0 cup	0.313
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.023
11429	Radishes, raw	116.0	1.0 cup slices	0.014
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.015
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.013
09299	Raisins, seeded	165.0	1.0 cup, packed	0.185
09298	Raisins, seedless	165.0	1.0 cup, packed	0.175
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.020
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.051
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.048

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.045
09302	Raspberries, raw	123.0	1.0 cup	0.039
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.023
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.188
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.179
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.149
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.088
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.006
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.069
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.181
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.181
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.097
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.189
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.208
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.187
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.147
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.021
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.144
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.193
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.330
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.279
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.180
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.374
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1.431
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.155
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.348
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.112
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.195
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.050
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.031
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.136
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.187
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.252
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.007
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.129

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.303
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.189
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.128
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.143
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.436
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.241
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.640
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.499
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.367
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.069
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.562
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.196
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.254
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.071
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.148
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.079
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.147
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.247
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.097
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.049
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.101
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.071
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.057
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.030
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.154
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.457
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.205
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.200
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.455
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.212
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.043
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.042
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.024
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.403

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.419
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.350
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.332
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.397
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.410
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.150
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.248
20060	Rice bran, crude	118.0	1.0 cup	3.249
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.003
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	0.065
20090	Rice flour, brown	158.0	1.0 cup	0.700
20061	Rice flour, white	158.0	1.0 cup	0.218
20134	Rice noodles, cooked	176.0	1.0 cup	0.032
20133	Rice noodles, dry	57.0	2.0 oz	0.018
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	0.187
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.742
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.199
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.785
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	0.035
20054	Rice, white, glutinous, raw	185.0	1.0 cup	0.333
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.335
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	1.116
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.117
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.414
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.880
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.124
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	0.258
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.258
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.032
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	0.032
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	1.066
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.130
20051	Rice, white, medium-grain, cooked	186.0	1.0 cup	0.311
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.037
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	1.127
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.136

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20053	Rice, white, short-grain, cooked	186.0	1.0 cup	0.305
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.041
20052	Rice, white, short-grain, raw	200.0	1.0 cup	1.130
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.140
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.021
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.011
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.004
18344	Rolls, dinner, egg	28.35	1.0 oz	0.149
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.127
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.147
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.111
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.163
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.121
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.069
18349	Rolls, french	28.35	1.0 oz	0.148
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.131
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	0.270
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.111
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.136
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.137
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.020
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.006
02063	Rosemary, fresh	0.7	1.0 tsp	0.000
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.047
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.098
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.139
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.126
20063	Rye flour, dark	128.0	1.0 cup	0.404
20065	Rye flour, light	102.0	1.0 cup	0.338
20064	Rye flour, medium	102.0	1.0 cup	0.293
20062	Rye grain	169.0	1.0 cup	0.534
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.006
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.002
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.007
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.002
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.003
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.001
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.011
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.002
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.002
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.002
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.003
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.003
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.002
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.004
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.004
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.001
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.001
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.003
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.021
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.012
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.003
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.002
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.004
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.001
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.000
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.001
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.001
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.000
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.004
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.001
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.002
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.001
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.000
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.000
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.008
04639	Salad dressing, ranch dressing, commercial, regular	15.0	1.0 tablespoon	0.002
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.004
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.003
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.004
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.001
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.002
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.038
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.007
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.231
07068	Salami, cooked, beef	26.0	1.0 slice	0.027
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.045
07070	Salami, cooked, turkey	28.0	1.0 serving	0.119
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.051
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.038
07926	Salami, Italian, pork	28.0	1.0 oz	0.260
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.168
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.738
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.534
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.028
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.017
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.106
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.076
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.076
02047	Salt, table	6.0	1.0 tsp	0.000
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.090
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.026
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.002
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.000
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.023
06150	Sauce, barbecue	17.0	1.0 tbsp	0.004
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.005
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.005
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.004
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.004
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.004
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.004
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.013
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.008
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.002
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.001
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.172
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.220
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.138
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.002
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.032
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.031
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.012
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.011
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.002
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.038
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.003
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.002
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.002
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.013
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.014
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.293
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.012
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.017
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.005
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.005
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.011
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.005
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.012
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	0.028
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.030
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.087
42262	Sausage, chicken and beef, smoked	138.0	1.0 cup pieces	0.055
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.076
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.517

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.642
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.144
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.040
16107	Sausage, meatless	25.0	1.0 link	0.586
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.276
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.198
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.192
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.163
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.071
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.030
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.040
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.014
21145	School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza- frozen	155.0	1.0 slice 1/8 per pizza	0.356
21146	School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza- frozen	156.0	1.0 slice 1/8 per pizza	0.312
21149	School Lunch Pizza, TONY'S Breakfast Pizza Sausage- frozen	91.0	1.0 piece 3.2 oz	0.237
21147	School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese- frozen	130.0	1.0 piece 4" x 6"	0.351
21148	School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese- frozen	127.0	1.0 piece 4"x6"	0.419
07951	Scrapple, pork	17.0	1.0 cubic inch	0.020
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.000
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.024
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.015
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.002
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.005
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.025
11667	Seaweed, spirulina, dried	112.0	1.0 cup	2.666
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.006
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.082
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.137
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.116
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.048
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.016
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.176
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.592
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.976
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1.118

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12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.629
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.169
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.205
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.048
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.352
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.083
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.083
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.022
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.022
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.330
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.327
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.038
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.192
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.183
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.222
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.239
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.761
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.713
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.717
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.729
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.048
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.542
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.542
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.139
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.228
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.141
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
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	2.040
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.136
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.681
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.136
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.136
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.432
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.432
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.436

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.436
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.205
20066	Semolina, enriched	167.0	1.0 cup	1.354
20466	Semolina, unenriched	167.0	1.0 cup	0.468
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.050
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.050
11447	Sesbania flower, raw	3.0	1.0 flower	0.002
14428	Shake, fast food, strawberry	23.5	1.0 fl oz	0.011
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.005
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.003
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.006
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.020
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.000
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	0.000
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.000
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.000
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.000
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.003
21140	Side dishes, potato salad	95.0	0.333 cup	0.066
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.144
07076	Smoked link sausage, pork and beef, flour and nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.160
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.131
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.108

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.059
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.101
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.148
19400	Snacks, banana chips	28.35	1.0 oz	0.024
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.044
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.040
25059	Snacks, brown rice chips	9.0	1.0 cake	0.005
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.016
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.003
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.375
19419	Snacks, corn cakes	9.0	1.0 cake	0.022
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.022
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.021
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.119
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.013
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.123
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.091
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.062
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.045
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.044
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.099
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.370
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.148
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.048
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.040
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.053
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.012
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.009
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.018
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.097
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.046
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.125
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.224
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.317
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.105
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.122

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.040
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.194
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.045
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.041
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.040
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.079
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.051
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.060
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.055
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.300
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.036
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.032
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.028
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.073
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.039
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.053
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.064
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.034
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.083
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.099
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.040
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.259
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.154
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	0.226
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.012
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.085
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.047
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.149
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.088
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.159
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.018
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.008
19806	Snacks, popcorn, air-popped, white popcorn	8.0	1.0 cup	0.016
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.008
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.014
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.018

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.014
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.010
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.020
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.099
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.003
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.015
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.015
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.024
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.028
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.061
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.044
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.306
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.093
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.044
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.037
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.051
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.050
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.060
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.051
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.047
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.047
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.060
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.047
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.059
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.054
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.116
19415	Snacks, potato sticks	28.35	1.0 oz	0.027
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.028
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.131
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.051
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.051
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.120
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.125
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.005
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.005
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.007

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.006
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.006
19051	Snacks, rice cakes, brown rice, plain	9.0	1.0 cake	0.005
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.005
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.008
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.004
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.004
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.035
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.035
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.094
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.025
19524	Snacks, taro chips	28.35	1.0 oz	0.049
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.139
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.058
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.062
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.043
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.113
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.063
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.040
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.014
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.069
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.004
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.693
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.693
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.603
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.603
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.630
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.064
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.038
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.014
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.145
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.398
20067	Sorghum grain	192.0	1.0 cup	0.637
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.137
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.218
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.110

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.146
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.084
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.085
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.100
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.038
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.037
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.021
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.005
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.003
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.005
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.022
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.007
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.005
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.039
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.069
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.068
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.096
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.108
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.052
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.003
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.024
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.016
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.063
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.017
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.043
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.009
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.012
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.004
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.005
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.008
06183	Soup, chicken broth, canned, less/reduced sodium	240.0	1.0 cup	0.005
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.010
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.000
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.052
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.252

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.024
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.025
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.098
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.136
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.426
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.198
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.136
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.078
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.024
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.037
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.044
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	0.016
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.017
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.018
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.017
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.083
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.118
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.057
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.059
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.095
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.067
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	0.117
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.058
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.030
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.030
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.158
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.204
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.151
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	0.038
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.078
06489	Soup, consomme with gelatin, dry, mix, prepared with water	249.0	1.0 cup 8 fl oz	0.117
06034	Soup, crab, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	0.195
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.054
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.102
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.054

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.029
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.030
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.016
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.006
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.074
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.029
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.104
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.015
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.105
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.066
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.015
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.049
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.050
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.097
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.051
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.035
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.082
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.034
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup (8 fl oz)	0.019
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.071
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.020
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.932
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.046
06035	Soup, escarole, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.074
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.061
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.174
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.055
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.054
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.053
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.147
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.025
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.024
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.035
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.034
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.033

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.021
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.028
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.021
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.066
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.022
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.105
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.155
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.104
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.104
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.115
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.148
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.147
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	0.054
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.363
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.393
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.351
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.233
06055	Soup, scotch broth, canned, condensed	123.0	0.5 cup (4 fl oz)	0.018
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.058
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.079
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.084
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.077
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.168
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.083
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.066
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.113
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.067
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.062
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.059
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.062
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.047
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.098
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.047
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.278
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.047

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.073
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.029
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.035
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.037
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.048
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.139
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.052
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.051
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.137
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.055
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.053
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.054
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.005
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.000
01179	Sour cream, light	12.0	1.0 tablespoon	0.005
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.005
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.005
09315	Soursop, raw	225.0	1.0 cup, pulp	0.158
16117	Soy flour, defatted	105.0	1.0 cup	0.733
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	1.088
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.488
16415	Soy flour, full-fat, raw, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	0.494
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.350
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	0.350
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.957
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	0.334
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.843
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	122.0	1.0 cup	0.843
16421	Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash	28.35	1.0 oz	0.090
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.090
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.090
16122	Soy protein isolate	28.35	1.0 oz	0.050
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.050
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	0.050
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.008

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.011
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.005
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.006
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.004
43299	Soybean, curd cheese	225.0	1.0 cup	0.000
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.468
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.468
11450	Soybeans, green, raw	256.0	1.0 cup	1.114
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.267
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.267
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.397
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.626
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.172
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.172
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.193
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.193
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.119
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	0.151
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.053
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.374
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.053
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.053
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.090
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.146
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.070
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.345
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	0.384
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	0.384
20521	Spaghetti, cooked, unenriched, with added salt	140.0	1.0 cup	0.028
20421	Spaghetti, cooked, unenriched, without added salt	140.0	1.0 cup	0.028
20120	Spaghetti, dry, enriched	57.0	2.0 oz	0.508
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	0.051
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	140.0	1.0 cup	0.417
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.417

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	57.0	2.0 oz	0.677
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.677
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.136
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.213
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	0.151
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	0.278
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.199
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	0.150
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	0.151
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.151
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.150
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0.151
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	0.151
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.151
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.226
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.151
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	0.151
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	0.151
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.151
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.568
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.575
02066	Spearmint, dried	0.5	1.0 tsp	0.001
02065	Spearmint, fresh	0.3	2.0 leaves	0.000
20141	Spelt, cooked	194.0	1.0 cup	0.200
20140	Spelt, uncooked	174.0	1.0 cup	0.633
02001	Spices, allspice, ground	1.9	1.0 tsp	0.002
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.007
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.001
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.000
02005	Spices, caraway seed	2.1	1.0 tsp	0.008
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.004
02007	Spices, celery seed	2.0	1.0 tsp	0.007
02008	Spices, chervil, dried	0.6	1.0 tsp	0.002
02009	Spices, chili powder	2.7	1.0 tsp	0.007
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.001
02011	Spices, cloves, ground	2.1	1.0 tsp	0.003

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.008
02013	Spices, coriander seed	1.8	1.0 tsp	0.004
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.013
02015	Spices, curry powder	2.0	1.0 tsp	0.004
02016	Spices, dill seed	2.1	1.0 tsp	0.009
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.004
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.008
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.012
02020	Spices, garlic powder	3.1	1.0 tsp	0.013
02021	Spices, ginger, ground	1.8	1.0 tsp	0.001
02022	Spices, mace, ground	1.7	1.0 tsp	0.005
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.002
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.016
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.008
02026	Spices, onion powder	2.4	1.0 tsp	0.011
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.002
02028	Spices, paprika	2.3	1.0 tsp	0.008
02029	Spices, parsley, dried	0.5	1.0 tsp	0.001
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.002
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.006
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.001
02033	Spices, poppy seed	2.8	1.0 tsp	0.024
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.004
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.002
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.006
02037	Spices, saffron	0.7	1.0 tsp	0.001
02038	Spices, sage, ground	0.7	1.0 tsp	0.005
02039	Spices, savory, ground	1.4	1.0 tsp	0.005
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.002
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.005
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.002
11658	Spinach souffle	136.0	1.0 cup	0.112
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.042
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.034
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.042
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.171

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.171
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.074
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.074
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.147
11457	Spinach, raw	30.0	1.0 cup	0.023
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.177
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.203
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.242
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.180
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.710
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.003
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.079
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.079
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.054
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.034
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.077
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.077
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.069
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.069
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.052
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.065
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.046
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.122
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.091
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.032
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.063
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.091
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.091
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.046
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.056
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.095
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.342
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.342
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.245
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.245
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.196

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.033
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.033
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.035
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.148
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.148
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.120
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.120
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.102
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.140
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.152
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.152
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.099
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.099
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.081
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.059
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.059
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.037
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.007
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.200
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.123
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.091
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.000
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.007
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.053
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.041
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.038
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.049
09316	Strawberries, raw	152.0	1.0 cup, halves	0.036
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.001
14351	Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.093
18354	Strudel, apple	28.35	1.0 oz	0.011
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	0.672
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	0.437
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	0.450
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.072
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.074

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.323
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.323
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.126
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.126
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.136
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.275
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	0.000
19340	Sugars, maple	3.0	1.0 tsp	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.000
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.046
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.134
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.177
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	0.177
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	0.162
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	0.162
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	0.164
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	0.126
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	0.171
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	0.171
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	0.174
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	0.177
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.180
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	0.162
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	0.174
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	0.177
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	0.192
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	0.195
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	0.063
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	0.136
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	0.201
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	0.150
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	0.150
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	0.106
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.017
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.049

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11504	Swamp cabbage, cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.049
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.072
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.072
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.055
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.069
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.049
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.055
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.094
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.122
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.214
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.184
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.184
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.022
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.116
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.116
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.118
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.104
18355	Sweet rolls, cheese	28.35	1.0 oz	0.043
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.092
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.133
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.116
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.008
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.002
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.000
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.192
90480	Syrup, Cane	21.0	1.0 serving	0.027
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.053
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.103
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.003
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.006

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
19349	Syrups, corn, dark	328.0	1.0 cup	0.036
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.000
19350	Syrups, corn, light	341.0	1.0 cup	0.201
43026	Syrups, dietetic	240.0	1.0 cup	0.000
42040	Syrups, grenadine	20.0	1.0 tbsp	0.000
19352	Syrups, malt	332.0	1.0 cup	0.037
19353	Syrups, maple	20.0	1.0 tbsp	0.013
19355	Syrups, sorghum	330.0	1.0 cup	0.330
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.003
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.019
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.075
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.018
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.001
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.016
19113	Syrups, table blends, pancake, with butter	20.0	1.0 tbsp	0.002
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.232
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.041
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.160
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.197
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.123
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.030
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.120
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.352
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.513
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.432
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.625
21268	TACO BELL, Nachos	80.0	1.0 serving	0.098
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.162
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.034
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.184
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.157
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.390
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.800
18360	Taco shells, baked	12.9	1.0 shell	0.028
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.065
35147	Tamales (Navajo)	186.0	1.0 piece	0.093

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.189
09437	Tamarind nectar, canned	251.0	1.0 cup	0.008
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.514
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.149
09221	Tangerine juice, raw	247.0	1.0 cup	0.148
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.204
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.166
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.134
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.113
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.006
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.139
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.139
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.202
11520	Taro leaves, raw	28.0	1.0 cup	0.059
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.053
11522	Taro shoots, raw	43.0	0.5 cup slices	0.017
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.141
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.141
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.202
11518	Taro, raw	104.0	1.0 cup, sliced	0.099
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.053
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.060
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.060
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.078
14544	Tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	0.003
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.003
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	0.000
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.000
14548	Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.000
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.003
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	0.003
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	0.003
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	0.000
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.000
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	0.000
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	0.000
14601	Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice	30.0	1.0 fluid ounce	0.005
20143	Teff, cooked	252.0	1.0 cup	0.461
20142	Teff, uncooked	193.0	1.0 cup	0.753
16114	Tempeh	166.0	1.0 cup	0.129
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.084
02049	Thyme, fresh	0.8	1.0 tsp	0.000
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.187
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.184
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.275
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.186
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.150
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	0.150
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.151
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.150
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.151
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.215
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.151
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	0.151
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.151
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.151
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	0.151
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.156
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.156
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.016
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.044
43476	Tofu yogurt	262.0	1.0 cup	0.157
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.084
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.084
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.044
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.076

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16129	Tofu, fried	28.35	1.0 oz	0.048
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.022
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.051
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.199
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.100
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.017
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.017
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.056
11954	Tomatillos, raw	34.0	1.0 medium	0.015
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.097
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.243
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.243
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	0.040
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.040
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.062
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.062
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.059
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.181
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.093
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.176
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.179
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.168
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.178
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.059
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.091
11527	Tomatoes, green, raw	180.0	1.0 cup	0.108
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.073
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.380
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.380
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.117
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.082
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.086
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.109
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.086
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.055
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.285

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.212
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.057
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.005
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.000
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.590
19366	Toppings, pineapple	340.0	1.0 cup	0.129
19137	Toppings, strawberry	42.0	2.0 tbsp	0.005
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.254
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.062
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.037
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.221
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.729
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.027
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.032
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	0.231
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.239
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.151
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.337
18952	Tostada shells, corn	12.3	1.0 piece	0.043
21088	Tostada with guacamole	261.0	2.0 pieces	0.130
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.000
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.000
20069	Triticale	192.0	1.0 cup	0.799
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.491
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.020
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.663
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.004
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.004
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.036
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.045
07079	Turkey breast, sliced, oven roasted, luncheon meat	33.0	1.0 serving	0.043
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.006
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.053
05703	Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.031
05702	Turkey from whole, enhanced, light meat, meat and skin, raw	85.0	3.0 oz	0.026
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	0.032

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05696	Turkey from whole, enhanced, light meat, meat only, raw	85.0	1.0 serving	0.028
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.030
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.032
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.036
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.041
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.014
07080	Turkey ham, cured turkey thigh meat	28.0	0.99 oz 1 serving	0.008
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.069
05292	Turkey patties, breaded, battered, fried	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.028
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.034
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	135.0	1.0 cup, chopped or diced	0.063
07082	Turkey roll, light and dark meat	28.35	1.0 oz	0.026
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.048
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.044
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.084
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.064
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.071
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.076
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.064
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.085
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.043
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.081
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.030
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.012
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.016
05744	Turkey, back, from whole bird, enhanced, meat and skin, raw	85.0	3.0 oz	0.038
05745	Turkey, back, from whole bird, enhanced, meat and skin, roasted	85.0	3.0 oz	0.029
05719	Turkey, back, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.051
05720	Turkey, back, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.032
05215	Turkey, back, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.053
05216	Turkey, back, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.051
05721	Turkey, breast, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.028
05718	Turkey, breast, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.032
05219	Turkey, breast, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.036
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.030

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.019
05694	Turkey, dark meat from whole, enhanced, meat only, raw	85.0	1.0 serving	0.051
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.048
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.016
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.011
05724	Turkey, drumstick, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.051
05725	Turkey, drumstick, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.048
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.036
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.030
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.013
05701	Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.044
05700	Turkey, enhanced, dark meat from whole, meat and skin, raw	85.0	3.0 oz	0.043
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85.0	1.0 serving	0.048
05698	Turkey, enhanced, skin from whole (light and dark), raw	28.35	1.0 oz	0.005
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	0.020
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.051
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.037
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.026
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.038
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.047
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.040
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.017
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.051
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.136
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.161
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.109
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.110
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	0.265
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.036
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.041
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.371
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.044
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.054
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.042
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.018
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.043

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05727	Turkey, retail parts, enhanced, breast, meat and skin, raw	85.0	3.0 oz	0.038
05709	Turkey, retail parts, enhanced, breast, meat only, cooked, roasted	85.0	3.0 oz	0.038
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	0.574
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.040
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.045
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.042
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.050
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.031
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.028
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.033
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.011
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.025
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.006
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.013
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.007
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.531
05726	Turkey, thigh, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.051
05728	Turkey, thigh, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.048
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.053
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.051
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.016
05706	Turkey, whole, enhanced, meat and skin, raw	85.0	3.0 oz	0.033
05707	Turkey, whole, enhanced, meat and skin, roasted	85.0	3.0 oz	0.037
05704	Turkey, whole, enhanced, meat only, raw	85.0	3.0 oz	0.035
05705	Turkey, whole, enhanced, meat only, roasted	28.0	3.0 oz	0.013
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.162
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.127
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.038
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.041
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.040
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.042
05729	Turkey, wing, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.028
05730	Turkey, wing, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.032
05227	Turkey, wing, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.036
05228	Turkey, wing, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.030
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.010

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.007
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.082
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.082
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.042
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.014
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.014
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.065
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.065
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.044
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.089
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.036
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.039
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.042
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.042
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.055
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.055
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.028
11564	Turnips, raw	130.0	1.0 cup, cubes	0.052
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.300
93600	Turtle, green, raw	85.0	3.0 oz	0.102
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.069
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.172
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.269
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.011
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.020
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.048
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.033
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.037
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.034
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.009
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.055
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.055
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.058
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.034

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.193
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.044
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.150
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.151
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.170
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.755
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.208
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.059
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.055
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.065
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.066
02050	Vanilla extract	4.2	1.0 tsp	0.000
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.000
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.045
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.048
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.006
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.046
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.051
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.017
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.006
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.051
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.023
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.051
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.023
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.060
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.026
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.069
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.071
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.060
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.081
17142	Veal, ground, raw	85.0	3.0 oz	0.096
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.051
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.136
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.060
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.023
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.051
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.136
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.060
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.051
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.023
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.079
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.085
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.058
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.060
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.034
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.042
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.066
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.042
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.051
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.073
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.042
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.042
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.020
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.051
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.051
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.020
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.042
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.022
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.042
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.023
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.070
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.071
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.051
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.023
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.051
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.060
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.023
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.088
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.086

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.094
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.093
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.051
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.060
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.051
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.060
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.051
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.060
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.026
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.051
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.060
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.026
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.042
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.051
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.023
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.051
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.051
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.023
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.068
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.128
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.037
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.298
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.147
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.161
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.091
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.146
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.119
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.049
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.027
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.013
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.159
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.038
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.039
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.013
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.046
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.060
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.048
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.002
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.126
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.127
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.055
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.075
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.083
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.065
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.065
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.116
43134	Vegetarian fillets	85.0	1.0 fillet	0.935
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.504
43136	Vegetarian stew	247.0	1.0 cup	1.729
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	1.856
43114	Vermicelli, made from soy	140.0	1.0 cup	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	0.049
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	0.146
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.202
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.158
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.174
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.195
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.301
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.149
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.176
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.075
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.300
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.170
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000
14384	Water, bottled, PERRIER	29.6	1.0 fl oz	0.000
14385	Water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
14411	Water, tap, drinking	29.6	1.0 fl oz	0.000
14429	Water, tap, municipal	29.6	1.0 fl oz	0.000
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.000
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.087
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.008
11591	Watercress, raw	34.0	1.0 cup, chopped	0.031
09326	Watermelon, raw	154.0	1.0 cup, balls	0.051
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.060
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.060
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.053
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.054
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.750
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.600
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.614
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.381
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.111
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.068
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.678
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.466
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.494
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.882
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.018
20077	Wheat bran, crude	58.0	1.0 cup	0.303
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.981
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.981
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.981
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.842
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.150
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	1.112
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	1.222
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.816
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.602
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.110
20078	Wheat germ, crude	115.0	1.0 cup	2.164
20076	Wheat, durum	192.0	1.0 cup	0.804
20071	Wheat, hard red spring	192.0	1.0 cup	0.968

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
20072	Wheat, hard red winter	192.0	1.0 cup	0.735
20074	Wheat, hard white	192.0	1.0 cup	0.743
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.163
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.053
20073	Wheat, soft red winter	168.0	1.0 cup	0.662
20075	Wheat, soft white	168.0	1.0 cup	0.689
20087	Wheat, sprouted	108.0	1.0 cup	0.243
01113	Whey, acid, dried	57.0	1.0 cup	0.355
01112	Whey, acid, fluid	246.0	1.0 cup	0.103
01115	Whey, sweet, dried	145.0	1.0 cup	0.753
01114	Whey, sweet, fluid	246.0	1.0 cup	0.089
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.000
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.015
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0.004
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.004
14024	Whiskey sour mix, powder	17.0	1.0 packet	0.001
20089	Wild rice, cooked	164.0	1.0 cup	0.085
20088	Wild rice, raw	160.0	1.0 cup	0.184
14553	Wine, non-alcoholic	29.0	1.0 fl oz	0.000
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.053
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.053
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.062
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.507
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.507
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.875
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.009
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.004
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.147
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.314
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.230
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	0.000
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.055
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	1.785
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.180
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	1.792
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.240

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.085
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.093
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.385
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	1.815
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0.046
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.276
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	1.800
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.660
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.456
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	1.815
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	1.207
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	1.616
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.096
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.504
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.110
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.124
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	1.815
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.129
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.129
11601	Yam, raw	150.0	1.0 cup, cubes	0.168
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.024
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.088
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.088
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.097
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.363
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.363
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.481
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.131
43406	Yeast extract spread	6.0	1.0 tsp	1.402
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	0.225
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.104
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.080
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.080
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.027
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.068
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.068

NDB_No	Description	Weight(g)	Measure	Thiamin(mg) Per Measure
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.063
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.063
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.070
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.058
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.058
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	0.070
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	0.070
01281	Yogurt, Greek, non fat, strawberry, CHOBANI	150.0	5.3 oz	0.047
01280	Yogurt, Greek, non fat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.050
01275	Yogurt, Greek, non fat, vanilla, CHOBANI	150.0	5.3 oz	0.042
01278	Yogurt, Greek, non fat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.050
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.039
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.054
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.075
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.082
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.049
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.071
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.058
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.058
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.071
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.071
03217	Zwieback	28.35	1.0 oz	0.059