

USDA National Nutrient Database for Standard Reference Release 28

Nutrients: Menaquinone-4 (µg)

Food Subset: All Foods

Ordered by: Food Name

Measured by: Household

Report Run at: December 16, 2015 04:14 EST

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.0
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	2.9
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.0
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.0
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.0
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.0
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.7
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.0
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.0
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.3
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.0
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.2
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.0
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.0
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.3
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	1.2
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	1.0
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	1.0
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.0
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.0
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.3
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.1
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	1.2
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	3.6

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	2.8
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.2
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.0
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.0
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.0
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.0
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.0
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.0
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.0
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.0
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.0
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	5.9
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	0.4
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.6
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.4
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.6
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.4
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.7
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)	1.5
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	1.3
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)	1.5
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	1.3
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	3.4
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	1.3
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)	2.6
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.7
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)	2.6
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.7
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)	2.6
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.6

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.2
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.3
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.2
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.1
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.2
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.2
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	2.4
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.3
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.5
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	2.5
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.0
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.4
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)	1.6
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.4
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)	1.6
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.4
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)	1.7
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.2
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.0
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.0
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.0
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.0
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.0
07007	Bologna, beef	30.0	1.0 slice	1.9
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.8
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.2

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10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.7
10130	Canadian bacon, unprepared	85.0	3.0 oz	3.0
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.0
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.8
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.0
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.0
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.0
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.0
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.0
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.0
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.0
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.0
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.0
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.0
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.0
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.0
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.0
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.0
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.0
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.0
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.0
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.0
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.0
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.0
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	1.7
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	10.1
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	1.0
01009	Cheese, cheddar	132.0	1.0 cup, diced	11.4

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01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	1.6
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.0
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.0
01017	Cheese, cream	14.5	1.0 tbsp	1.3
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.8
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	5.7
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	4.4
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	5.4
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	3.5
01031	Cheese, neufchatel	28.35	1.0 oz	2.6
01032	Cheese, parmesan, grated	100.0	1.0 cup	7.1
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	4.0
01040	Cheese, swiss	132.0	1.0 cup, diced	8.3
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	6.8
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.0
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	29.9
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	1.4
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	9.4
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	7.1
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	24.8
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	21.8
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	13.2
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	8.9
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	17.6
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	18.9
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	5.9
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	20.9
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	21.4
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	13.4
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	25.4
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	14.6
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	17.4
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	15.7
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	11.6
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	13.6

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	17.0
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	10.2
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	15.1
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	7.2
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	5.6
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	5.5
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.0
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.0
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.0
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.0
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.0
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.0
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	8.7
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.0
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	6.1
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.0
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.0
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	5.3
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	2.8
18214	Crackers, cheese, regular	14.2	0.5 oz	0.0
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.0
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.0
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.0
18235	Crackers, whole-wheat	28.0	1.0 serving	0.0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.0
01069	Cream substitute, powdered	94.0	1.0 cup	0.0
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.7
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.0
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.0
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.3

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15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.3
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.0
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	8.4
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.0
36610	DENNY'S, french fries	165.0	1.0 serving	0.0
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.0
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.0
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	4.8
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	3.7
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	5.2
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	2.6
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	3.1
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	5.0
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	5.6
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	5.8
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	6.8
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	5.3
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.1
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.1
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.1
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.0
01225	Dulce de Leche	19.0	1.0 tbsp	0.8
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.0
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.0
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	1.3
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	1.0
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.0
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.1
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	2.7
21127	Fast foods, coleslaw	191.0	1.0 cup	0.0
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.0
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.0
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.5
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.0
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.0
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.4
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.1
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.1
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.1
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.0
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.0
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.0
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.4
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.3
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.1
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.0
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.0
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.0
07024	Frankfurter, chicken	85.0	3.0 oz	21.3
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	17.1
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	14.6
07025	Frankfurter, turkey	28.35	1.0 oz	8.8
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	1.0
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	1.5
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	1.8
09434	Guanabana nectar, canned	251.0	1.0 cup	0.0
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	1.0
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	2.3
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	2.0
21420	KFC, Coleslaw	112.0	1.0 package	0.0
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	4.8
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.5
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	17.1
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	13.3
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.0
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1.6
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.7

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	1.9
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	1.4
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.0
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.0
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.0
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.0
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.0
09436	Mango nectar, canned	251.0	1.0 cup	0.0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.2
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.0
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	23.9
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.2
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	2.4
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	2.4
20647	Millet flour	119.0	1.0 cup	0.2
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.1
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	3.3
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	4.2
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	2.1
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.0
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.0
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.4
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.4
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.0
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.0
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.0
04582	Oil, canola	14.0	1.0 tbsp	0.0
04047	Oil, coconut	13.6	1.0 tbsp	0.0
42289	Oil, corn and canola	14.0	1.0 tbsp	0.0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.0
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.3
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.0
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	13.5
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	4.2
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.0
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.0
36045	ON THE BORDER, refried beans	135.0	1.0 cup	1.4
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.0
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.0
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.0
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.0
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.0
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.0
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.0
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.0
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.0
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.0
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	35.4
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.0
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.0
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	1.1
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	2.0
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	2.7
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	8.9

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	9.2
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.3
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	3.1
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	1.2
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.1
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.0
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.0
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	1.4
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	1.2
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	2.2
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	2.8
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	2.4
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	2.5
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	1.0
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.0
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	6.8
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	4.3
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	4.6
10132	Pork, cured, feet, pickled	28.35	1.0 oz	2.9
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.0
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.1
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.8
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	4.8
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.6
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.9
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	3.4
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	3.4
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.4
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.0
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	3.5
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	3.0
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	4.4

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	5.2
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.0
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	4.1
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.5
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.7
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	6.1
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	6.2
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.4
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.2
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.4
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	3.7
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	7.3
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	8.2
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	5.3
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	6.0
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	4.3
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	4.7
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2.7
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2.7
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	5.1
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.0
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	5.2
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2.0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.9
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2.0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.9
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.3
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.4
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.4

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.2
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.3
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.4
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.4
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.5
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1.2
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.7
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.4
10898	Pork, pickled pork hocks	117.0	3.0 oz	7.0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.0
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.0
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.4
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.4
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.2
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.2
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.0
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.0
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	1.0
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	1.0
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	1.1
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	1.1
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	3.7
20035	Quinoa, uncooked	170.0	1.0 cup	1.9
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.0
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.5
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.5
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	11.5
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	7.2
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	2.9
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.0
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	38.5
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	13.3
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	16.2
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	13.8

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	16.9
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	12.2
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	7.9
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.0
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.0
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	5.6
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.0
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.0
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	14.6
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	2.8
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.0
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	1.0
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.0
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.0
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.0
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	1.0
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	1.5
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	6.8
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	2.3
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	1.0
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	3.4
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	3.5
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	1.5
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	4.1
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	4.8
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.7
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.0
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	7.1
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.0
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.0
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.0
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.7
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.0
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.0
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.0
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	3.4
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	1.0
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.0
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.0
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.0
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.0
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.0
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.0
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.7
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.0
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.0
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	9.3
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.0
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.0
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.0
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.0
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.0
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.0
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.0
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.0
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.0
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.0
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.0
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.0
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.0
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.2
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	7.9
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Menaquinone-4(µg) Per Measure
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	2.2
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.0
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.0
20140	Spelt, uncooked	174.0	1.0 cup	0.0
11658	Spinach souffle	136.0	1.0 cup	0.4
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.0
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	2.6
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.0
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	3.1
09437	Tamarind nectar, canned	251.0	1.0 cup	0.0
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.6
20142	Teff, uncooked	193.0	1.0 cup	0.0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.0
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	1.4
13166	USDA Commodity, beef, canned	45.0	1.0 serving	3.4
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	5.2
10158	USDA Commodity, pork, canned	85.0	3.0 oz	12.7
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.0
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.0